

Stronger Relationships

A six-week online course with weekly facilitated group discussion



The SFSC Stronger Relationships Course has a focus on reducing parental conflict; it is evidence-based and provides a mixture of self-study and group work discussion. The course is suitable for co-parents and other main adult carers of children aged 0 to 18. **Two courses are available for co-parents living together and those living apart. Course materials also reflect blended step-families and extended families.**

SFSC Stronger Relationships online course provides parents with the key concepts and techniques to reduce the effects on children of harmful conflict which is 'frequent, intense and poorly resolved' including:

- What harmful conflict is and how it affects children's wellbeing and development
- Tools to reflect upon personal values, vulnerabilities and strengths and identify areas of conflict with their co-parent
- Techniques to enhance adult relationships for co-parents and carers living together and improve communication for those living apart
- Skills to manage stress and anger and resolve conflict
- Information for co-parents living apart to work towards a parenting plan
- Techniques to enhance the parent child relationship for parents whose children do not live with them permanently

The course consists of six online modules and a weekly facilitated group discussion. The individualised online sessions are released one at a time on a weekly basis (so over six weeks) and take around 40 minutes to complete. Parents/carers can complete each session in one sitting or as and when they have time to do so. They can revisit sessions at any point.

The course activities include video content, scenarios, drag and drop activities, quizzes and other interactivity.

Participants also attend a one-hour weekly online group discussion at a time selected by them (they will have a range of options and this will include sessions in the evening) facilitated by one of the SFSC team and attended by up to six others who are at the same stage of the course. This is an opportunity for parents to:

- Review and check on their learning
- ask any questions; and
- hear from other parents

At the end of the course, participants who have completed all six sessions will be provided with a certificate and signposted to further help.

The course is NOT suitable for co-parents where there has been or there is an ongoing risk of domestic violence, the use of coercive power and control and one parent is afraid of the other. If in doubt about a parent's suitability, please contact the team with your enquiry.



What is the cost?

This course is free for any parent living, working or studying in a local authority who has purchased an annual licence. Contact us if you are not sure if your area holds a licence.

If your authority does not have an annual licence, individual places can be purchased for £175.00

How will parents sign up?

If you are working with a co-parent or carer who you think might benefit from the course, please support them to register for the course here: [Stronger Relationships courses – Strengthening Families, Strengthening Communities](#) or via the QR code below. Parents can also self-refer.

Parents will be reminded via email and text message about completing sessions and joining online group discussions.



For further information contact the **SFSC team** at sfscparent@racefound.org.uk