

Less Shouting More Cooperation

This 6-week group helps you change the way you communicate with your child, respond better and feel more in control. The sessions will cover:

- Exploring what helpful discipline is.
- Recognising the triggers and responding more effectively.
- Learning new parenting tools to challenge children's behaviour
- How to negotiate and implement effective boundaries and family agreements
- How to hold boundaries and gain co-operation



Monday 1st June to 6th July 2026

9.30am to 11.30am

Online via MS Teams

To book your place, call Louise on **0204 522 8700**, email **services@familylives.org.uk** or scan our QR code to use our online referral form



Scan Me!

We build better family lives together

www.coramfamilylives.org.uk

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