

## Improve communication with this FREE online course.

All couples argue from time to time. It's a normal part of life.

But the way you deal with disagreements can make a big difference to you, your partner and your children.

*How To Argue Better* won't teach you how to win an argument, but it will teach you how to handle stress and conflict in healthier ways, making things better for your family.

## How to Argue Better



 **oneplusone**



## **This course will help you to understand:**

- Where stress comes from and how it affects you.
- How to recognise stress and talk about it.
- How to support your partner through difficult times.
- What causes arguments and how to stop them.

You'll learn practical skills that will help you in all areas of your life.

**This online course is FREE and you can complete it at your own pace.**

Simply scan the QR code or visit [www.oneplusone.org.uk/parents](http://www.oneplusone.org.uk/parents) to create your *Getting on Better* account and get started.

