

# FREE online parenting workshop

## UNDERSTANDING PARENTAL CONFLICT AND TIPS TO REDUCE CONFLICT

Conflicts are regular occurrence in family lives. It's often a normal part of everyday life. However, studies have shown that incidents of conflict that are frequent, intense, and poorly resolved, can have a significant negative impact on mental health.

Tuesday 18th  
March 2025  
10am-12pm  
via MS Teams



This workshop would explore types of conflict, causes of conflicts in families and the impact of parental conflict on children, as well as practical steps that parents/carer can take to reduce conflict

Delivered by  
Chris Kolade  
- Ealing Parenting Service

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register