

# Getting on Better

New group for parents or co-parents living in Leicester or Leicestershire.

Children are greatly affected by exposure to unhealthy, 'toxic' relationships where there is ongoing, unresolved tension leading to conflict between their parents.

We have a new set of groups starting up, designed to support you to reduce disagreements, enabling you both to better support your child(ren).



We aren't trying to keep couples together, but aiming to help you understand your conflict and how to repair what might not be working.

This group is suitable for couples or those who aren't together but are co-parenting their children. We would encourage both parents to attend if possible.

**Sign up or make a referral here:**  
[www.headsupleicester.org.uk/gettingonbetter](http://www.headsupleicester.org.uk/gettingonbetter)

**NEXT GROUP :**

**Wednesday evenings**

**15th, 22nd, 29th January**

**5th February**

**6pm - 7:30pm on Zoom**



**HEADS UP**  
Supporting families through life's challenges