

# FREE online parenting workshop

PARENTING TOGETHER WORKSHOP SERIES

## BUILDING HEALTHIER RELATIONSHIPS

Part 1:

Tuesday, 7th  
July 2026

10am-12pm  
via MS Teams

Part 2:

Tuesday, 14th  
July 2026

10am-12pm  
via MS Teams

Delivered by  
Chris Kolade  
- Ealing Parenting Service

This two-part workshop explores what helps relationships grow and what can cause them to break down over time. It offers a supportive space to reflect on adult relationships, co-parenting, and the impact of parental conflict on children.

This workshop will cover:

- What strengthens relationships, and what undermines them
- Healthy boundaries and respectful communication
- Understanding parental conflict and its impact on children
- Co-parenting relationships and reducing tension
- Creating calmer, emotionally safe environments for children

**This workshop is for parents/carers who want to improve family relationships, whether in a relationship, separated or co-parenting**

**email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info**