



FAMILY LIFE
isn't always **PICTURE PERFECT**

We all know that arguing is a normal part of everyday life and relationships.

But, when it escalates and the conflict isn't resolved, it can have a huge impact on children, young people and the family.

Here in Blackburn with Darwen we have help available for all parents who may be facing difficulties in their relationships.

Join one of the **FREE** seven week courses now at your local children's centre and we'll help you work on everything from communicating effectively to problem solving.

FIND OUT MORE – Call 01254 585000 or visit bwdfamily.org.uk



**STRONGER
TOGETHER**
**HEALTHY
RELATIONSHIPS**