

# FREE online parenting workshop



## MANAGING 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 7<sup>th</sup>  
October 2025  
10am-12pm  
via MS Teams



Delivered by  
Chris Kolade  
- Ealing Parenting  
Service

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

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



**FREE**

# online parenting workshop



**FATHERS  
GROUP**

## Managing Conflict

### Exploring Strategies for Managing Stress, Anger & Anxiety

Delivered by:  
Derek Willis  
Ealing Parenting  
Service

Tuesday, 21st  
October 2025  
2-4pm  
via MS  
Teams

Join us for a focused workshop designed specifically for fathers, where we will discuss practical techniques to manage conflict, handle stress, and address anger and anxiety that can occur as part of family life.

This session hopes to empower fathers and father-figures with tools to improve communication, support emotional regulation, and looks at how you can build a supportive network.

Strengthen your confidence and create a calmer, healthier home for you and your family.



**Please note:** this is a targeted workshop for **men only**.

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