

Healthy Family Relationship Support



Arguments in relationships are normal, but if you find yourself doing any of the following with your partner or co-parent, you may need help to sort things out.

- Arguing often
- Not resolving arguments
- Walking away from arguments
- Feeling angry and shouting
- Arguing in front of children

For information about free relationship support speak to :-

Sharron MacDonald (based at Beech Hill 0191 267 8113)

or scan the QR code to reach Newcastle Support Directory.

