

## The Alternative Parents Evening



Please join us for a free online event, designed for parents who are feeling under pressure.

**Monday 11th October  
7.15pm-8.30pm**

Sarah Ingram (Head of Strategic Development, Director of RPC Programmes) at Tavistock Relationships along with Amanda Hart (MBT therapist) will be outlining some of the challenges parents are facing. If you can answer to yes to any of the following, then please do join us.

- **Have you been arguing more in the last few months?**
- **Is your partner/ex-partner getting on your nerves?**
- **Have you seen a change in your child's behaviour?**
- **Are they upset by your arguing/silences?**

Go to <https://www.eventbrite.co.uk/e/the-alternative-parents-eveningtickets-177205104237> to register free, spaces are limited so please sign up early, go to [www.tavistockrelationships.org](http://www.tavistockrelationships.org) for more details.

### **Tavistock Relationships - Couple counselling and psychotherapy services in London**

We specialise in couple counselling and psychotherapy in London, we've been helping relationships since 1948. We also provide confidential online therapy. [www.tavistockrelationships.org](http://www.tavistockrelationships.org)