

You may be aware Public Health fund HWHCT hold a “Solihull Approach” licence for nine on-line guides or courses for parents, families and young people. This means that all nine are free to all Worcestershire residents.

**The latest addition to this is “Understanding your relationships” a course for adults, young people, and older adults. Covers communication, anger, conflict, repair and more.**

Free Code PARENTSROCK - [www.inourplace.co.uk](http://www.inourplace.co.uk)

FYI - The other free on-line courses are:

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your child with additional needs
- Understanding your teenager’s brain
- Understanding your brain (for teenagers only!)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing (accompanies 3a and/or 3b)
- Understanding your relationships

<https://www.facebook.com/StartingWellWyreForest/>



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