

# Family Ties Online Help



A programme for parents, together or separated, who want to reduce the impact of parental conflict and/or communication difficulties on their children.

Limited places available free of charge. For more information, or to make a referral, email [familyties@annafreud.org](mailto:familyties@annafreud.org) or scan the QR Code below

*"I thought it was very good and extremely helpful to focus our interest on the children, which is what it's all about"*

*"Mum was getting stressed all the time... I have noticed the differences, mum and dad have not done anything like being rude to each*



**Anna Freud**  
National Centre for  
Children and Families