

# Harmony At Home

For parents and carers in couples



## 4-week virtual group

Want to improve your communication as a couple and have a calmer household?

Learn how to improve teamwork, reduce conflict and put your children at the heart of your communication.

**Tues 28<sup>th</sup> April to Tues 19<sup>th</sup> May 2026**  
**12.30-2.30pm Weekly**  
**Online via Microsoft Teams**

*To book or find out more please email*  
[EH.0-19parentingteam@eastsussex.gov.uk](mailto:EH.0-19parentingteam@eastsussex.gov.uk)

Or call 01424 725800