



# FAMILY COACHING

**FOR PARENTS / CARERS UNDER PRESSURE**

Could you benefit from 6 fully funded family coaching sessions to build better relationships in the home?  
We can support you to:

- Build resilience as a family
- Enhance your support network
- Improve communication
- Reduce unhealthy conflict

**Relate**

Bournemouth, Poole  
and Christchurch

**CONTACT US**

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**BCP**  
Council

