

**Healthy Family Relationship Support**

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**Arguments in relationships are normal, but if you find yourself doing any of the following with your partner or co-parent, you may need help to sort things out.**

 **Arguing often**

· **Not resolving arguments**

· **Walking away from arguments**

· **Feeling angry and shouting**

· **Arguing in front of children**

**For information about free relationship Support, scan the QR code to reach**

**Newcastle Support Directory.**