

# BETWEEN US

– an app designed to help your relationship.

## STRONGER RELATIONSHIPS FOR HAPPIER FAMILIES

Whether you are together or separated, parenting can be challenging. The Between Us app is designed to help you improve communication, understand each other better, and reduce conflict for the benefit of your children.

Topics include looking at how you communicate together, speaking and listening to each other and discovering the cause of rows. The app also covers sex, stress and parenting and your past, present and future together.

## HOW CAN THE APP HELP?

- Improve communication between couples and co-parents
- Reduce arguments and stress
- Build stronger parenting skills
- Develop tools to reflect, listen, and compromise

## GET STARTED TODAY!

Sign up by scanning the QR code or visiting the website below.

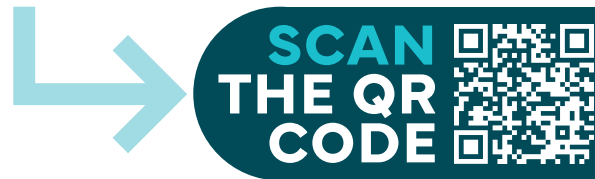


Download the app for free on **Apple iOS** and **Android**.

## NEED ASSISTANCE?

✉ [relationshipsmatter@southglos.gov.uk](mailto:relationshipsmatter@southglos.gov.uk)

🌐 <https://betweenus-app.com/get-access/southgloucestershire>



  
South Gloucestershire  
Council

Delivering with you



# Relationships Matter



Online relationship support for parents



Access free support via online courses and mobile app

Parenting comes with its challenges, but you don't have to face them alone. South Gloucestershire residents can access **three online courses** designed to help you communicate better and reduce the impact of parental conflict on children.

## ALL COURSES ARE

- ✓ **Free to use**  
– just sign up online
- ✓ **Start anytime, stop anytime**  
– fits around your life
- ✓ **Accessible anywhere**  
– on mobile, tablet or computer

## COURSES AVAILABLE

### Arguing Better (For all parents)

Learn how to manage relationship disagreements in a healthy way

### Me, You & Baby Too (For new and expectant parents)

Navigate the changes that come with having a baby

### Getting It Right for Children (For separating parents)

Learn how to manage conflict to minimise the impact it has on your children

## HOW TO SIGN UP

To access the courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to register by selecting **Southern England and South Gloucestershire** and creating a username and password.

Get started by scanning the QR code or visiting:  
[oneplusone.org.uk/parents](https://oneplusone.org.uk/parents)

For more information visit:

<https://www.southglos.gov.uk/relationships-matter>

