



oneplusone Service

Parents in Merton can access these free sessions with **Jigsaw4u** facilitating the relationship expertise of OnePlusOne parenting programmes. Learn to cope with stress and communicate better, wherever you are in your parenting journey.

Session Information:

- **Me, You and Baby Too** – Learn how to navigate the changes that happen in a relationship when a baby arrives.
- **Arguing Better** – Disagreements are a normal part of life. How you approach them can make all the difference to you, your partner, and your children. Learn how to manage difficult conversations, avoid conflict, and improve things for your whole family.
- **Getting it Right for Children** – When parents are separating or separated, children can often get caught in the middle. Develop positive communication skills, so that you can sort out disagreements and find solutions together.

Jigsaw4u oneplusone Service-Area



Operates across Merton

Complete our Referral Form
Secure your place

Please note: There are limited spaces available across all six sessions we will be providing. To secure your place, complete our form (scan the QR code) to the right-hand side as soon as you can.



jigsaw4u.org.uk



Helping put the pieces back together

