

**FREE**

# online parenting workshop



**FATHERS  
GROUP**

## Managing Conflict Exploring Strategies for Managing Stress, Anger & Anxiety

Delivered by:  
Derek Willis  
Ealing Parenting  
Service

Tuesday, 21st  
October 2025  
2-4pm  
via MS  
Teams

Join us for a focused workshop designed specifically for fathers, where we will discuss practical techniques to manage conflict, handle stress, and address anger and anxiety that can occur as part of family life.

This session hopes to empower fathers and father-figures with tools to improve communication, support emotional regulation, and looks at how you can build a supportive network.

Strengthen your confidence and create a calmer, healthier home for you and your family.



**Please note:** this is a targeted workshop for **men only**.

**email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register your place**



**SUPPORTIVE  
ACTION FOR  
FAMILIES IN  
EALING**

