

IS THERE CONFLICT IN YOUR RELATIONSHIP?

Turning the
Spotlight

because relationships matter

Are arguments escalating resulting in negative behaviours such as anger and aggression?

Do you struggle to communicate your feelings?

Do you want a healthier/happier relationship with your family?

Are your thoughts overriding your behaviour?



We offer extensive support to families and individuals who need help and new ways to manage their behaviour



“The course has helped me become more aware of warning signs and not to just react straight away. To learn to stop and think and get all the information first.” (anonymous participant)

Please get in touch for a confidential, respectful conversation on how we might be able to help

Contact us by telephone on: 0300 30 30 157

Contact us by email:

turningthespotlight@victimsupport.org.uk

Call Supportline outside of 9am-5pm:

08 08 16 89 111

Use Next Generation Text (add 18001 before any of our phone numbers)

Online: victimsupport.org.uk/cumbria/



Respect
Accredited

