



Between Us

an app designed to help your relationship

About the Between Us app

This app is designed to benefit all parents whether you are together or separated, whether you are experiencing new areas of conflict or whether you have been arguing or disagreeing about something for a while.

How does the app help?

The app can help in the following ways:

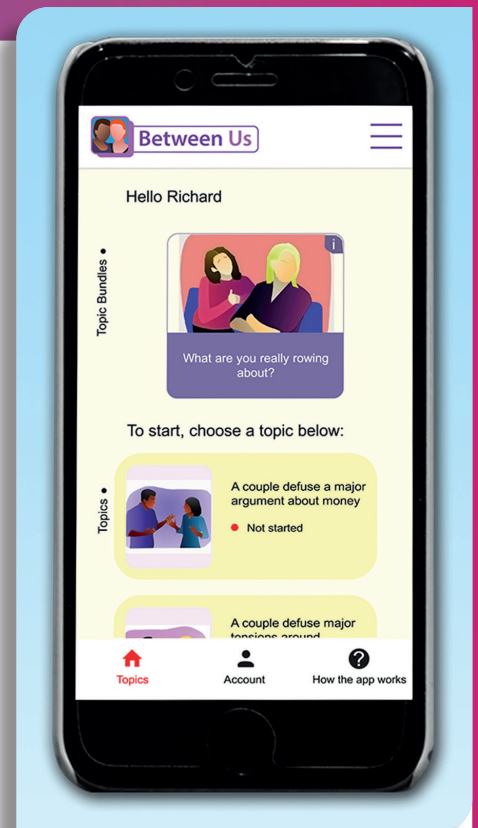
- by improving communication between the couple/separated parents
- by improving the ability to understand a partner's/co-parent's perspective
- by introducing skills and exercises to help reduce conflict between couples
- by giving co-parents the tools to think, reflect and reposition patterns of behaviour
- by developing tools and techniques to improve your parenting skills and help your family succeed.

How to get the app

The app is available for Apple iOS and Android smartphones. Scan the QR code or visit the website.

Topics include:

- > Looking at how you communicate together
- > Speaking and listening to each other
- > What are you really rowing about?
- > Your past, present and future together
- > Sex, stress and parenting
- > Discovering new ways of being together



Scan this QR code to visit the Telford & Wrekin app website where you can fill in your details and access the app



For information and assistance contact

- 01952 385465
- telfordfamilyhubs@telford.gov.uk
- <https://betweenus-app.com/get-access/telford>

An app by TAVISTOCK RELATIONSHIPS

Telford and Wrekin FAMILY HUBS

Right help at the right time

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough