

**FREE
online
materials**

Debt and Relationships

A collection of animated real-life stories and advice about debt

The cost of living crisis may mean more families are facing financial worries.

The relationship experts at **OnePlusOne** are offering residents in Cambridgeshire and Peterborough access to **FREE** advice about debt and relationships.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection.

It's **FREE** to use, so you'll just need to create an account with a username and password.



Register here

www.oneplusone.org.uk/parents
or scan the QR code

Debt and Relationships is designed for parents who want to learn healthy ways to deal with stress and conflict.

- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.

To find out more visit www.oneplusone.org.uk/parents