



# Between Us

## An app designed to help your relationship

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.



Get the app



The app is available for Apple iOS and Android smartphones.

<https://www.betweenus-app.com/get-access/surreycc>

An app by



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