



## **Going through a divorce? Need emotional support?**

### **Relate North East can help**



It's a sad fact that not all relationships survive, ending in divorce or separation.

If you have children, it's important to manage the process in the right way. Research shows that children can suffer when there's conflict between their parents. This may have an effect on their later development.

To find out more, or to access any of our services give us a call on 01325 461500. We deliver services across the area from Sunderland to Scarborough and we can also offer counselling by Skype or telephone if you find it difficult to get to one of our Centres.

The loss of a relationship can have the same emotional impact as bereavement which some people may need help to deal with.

Relate North East have over 75 years of experience of helping people in this situation. We can work with you as an individual, with you and the partner you're separating from and your family.

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## Fixed price emotional support

We can offer you the emotional support you need while going through your divorce - at a time and budget to suit you. You'll be offered a 30 minute First Steps appointment on the telephone to decide which level of support is right for you.

You'll then come along to your appointments at a time and rate to suit you, and choose access to workshops which you'll find useful.

You'll be entitled to a follow up telephone session after three or six months to discuss if you feel you need more support.

We'll be happy to discuss flexible payment plans with you.

Support	Individual sessions	Workshops	Cost
Level 1	1	1	£ 145.00
Level 2	4	1	£ 280.00
Level 3	4	2	£ 380.00
Level 4	7	1	£ 415.00
Level 5	7	2	£ 515.00

Choose from the following workshops:

Parents Apart

Moving Forward After Divorce or Separation

Moving Forward as a Single Parent

Successful Step Families

Relate North East

01325 461500

[counselling@relatenortheast.org.uk](mailto:counselling@relatenortheast.org.uk)

[www.relatenortheast.org.uk](http://www.relatenortheast.org.uk)

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