



Family and relationship support in County Durham



Relate North East have funding to help people in County Durham to access support when they are experiencing problems with their relationships.

We have different levels of support available, to help you either iron out any wrinkles which start to appear when your life changes, or to give you some in depth support when things have started to go wrong.

We can work with couples, individuals and families - we know that healthy relationships lead to improved well being and we have over 75 years of experience in working with people all across our region.

This service is free to County Durham Residents.



relate
the relationship people

What services are on offer?

Relationship Check Up

Do you ever think about how healthy your relationship is? We know that relationships can experience extra pressure when life circumstances change - having children, moving house, bereavement, illness to name but a few. This free one hour session for couples or individuals can help you think about any areas of your relationship which might have cracks to make you stronger when changes occur. We will help you get the right support to strengthen those areas.

Access to support through free workshops

All of our workshops help you think about how to deal with a life change either alone or as part of a couple. They are fun, informative sessions which will help you develop new skills. Call us or visit the website for dates.

Free workshops		
Workshop name	Who is it for	What will it deal with
Before you say I do...	Couples getting married or moving in together	How to communicate about important topics e.g. money, children
Partners to Parents	Couples about to become parents or parents of young children	How your relationship might change when your baby comes along and how you can keep communicating through the changes
Riding the Storm	Parents of teenagers	How to keep communication going through the teenage years and reduce conflict
Partners to Carers	Partners who have become carers or may become carers	The change in the dynamic of your relationship and ways to reduce the impact
Moving Forward	People who find themselves single after either relationship breakdown or bereavement	How you have changed since your relationship started and what you want now
Parents apart	Separated parents - both parents would attend separately	How to communicate effectively with the other parent and keep your child/ren at the centre of what you do

Intensive support

If your relationship check up indicates you (and your partner) or family need support over a number of sessions, we can offer this support free of charge to residents of County Durham. This can be either face-to-face, by Skype or on the telephone. Appointments are available during the day, evenings and at weekends.

Want to know more? Call or email us to make an appointment.

Relate North East

01325 461500

counselling@relatenortheast.org.uk

www.relatenortheast.org.uk

relate
the relationship people