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relate
the relationship people

Bedfordshire & Luton

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Newsletter Issue 16 February 2015

A Visit From The Prime Minister



On Friday 20th February we had a private meeting with David Cameron during a coffee morning at St. Cuthbert's Hall in Bedford.

[\(more...\)](#)

Take The Relationship MOT Quiz



Every year we get a reminder to take our cars in for an MOT to ensure that they're roadworthy. But what about relationships?

[\(more...\)](#)

How To Beat The Winter Blues



Many people report feeling low and lacking energy during January and February. However, there are things we can do.

[\(more...\)](#)

Counselling For Homeless Young People In Luton

Project funding has been extended for a further six months adding this to our other Children & Young People Services.

[\(more...\)](#)

Coaching

Are you having trouble getting what you want out of your life? We offer one to one goal focused and problem solving coaching.

[\(more...\)](#)

Education And Learning

We offer a range of training courses including: Managing Stress, Understanding Anger, Parents Apart, and Active Listening.

[\(more...\)](#)

Prostate Cancer

FREE confidential counselling and/or sex therapy if you or a family member are living with/recovering from cancer.

[\(more...\)](#)

Explore Our Range Of Services



Relationship Counselling
Sex Therapy
Relate In The Workplace
Families
Armed Forces
Children & Young People
Coaching
Education And Learning
Prostate Cancer



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