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relate
the relationship people

Bedfordshire & Luton

01234 356350

Newsletter Issue 19 November 2015

Heroes Take A Bow



Not just one, but **TWO** Relate Bedfordshire and Luton team members won 'Heroes' awards at a national Relate conference. Relate Heroes are recognised each year for their services to the charity.

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

We Support YOU While You Resolve Legal Issues



When times in your relationship are at crisis point, and you need a lawyer to sort out situations such as divorce, the last thing you need is the stress of a court case and a hefty legal bill.

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

School Staff Supervision



The pastoral role in schools, colleges and often faces heavy emotional demands on a daily basis. It is important to ensure structures are in place to support the health and well-being of staff.

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

Alcohol Awareness Week: Parents Worried About Teen Drinking

Most teenagers have begun experimenting with alcohol by their mid-teens but how do you intervene if your teenager's drinking is becoming a problem without damaging your relationship?

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

Upcoming Course: Managing Stress

By the end of the workshop, participants will be able to identify sources of stress, both at work and in their personal life and what it can do to your body, emotions, thinking and behaviour.

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

Sex Therapy

All couples go through periods where they don't have the time or energy for regular sex. If this has become the norm and you would like to rediscover your sex life, then Relate could be right for you. [\(more...\)](#)

Frequently Asked Questions

All sorts of people use Relate's wide range of services to understand what's going on in their relationship and change things for the better. Read answers to commonly asked questions.

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

Explore Our Range Of Services
[Relationship Counselling](#)
[Children & Young People](#)



**Families
Coaching
Collaborative Law Support
Education And Learning
Sex Therapy
Relate In The Workplace
Armed Forces**



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Relate Bedfordshire and Luton
Registered Office; 6 St. Paul's Square, Bedford. MK40 1SQ
Company registration number 4672292. Charity registration number 1096688