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relate
the relationship people

Bedfordshire & Luton

01234 356350

97% of our relationship counselling clients would recommend Relate to other people.

Newsletter Issue 20 February 2016

Successful BBC Children In Need Bid!



We have been awarded £112,057 over three years by BBC Children in Need. The award enables us to continue to offer our FREE confidential, face-to-face counselling service to children and young people aged 10 – 18 years and from April 2016 to extend our service to include FREE play therapy for children aged 5-10 years.

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

Royal Navy & Royal Marines Funding Award



We're pleased to announce the Royal Navy & Royal Marines Charity is funding us to provide free face to face, telephone and online counselling to current and former personnel. Our services offer an opportunity to talk through any tensions and find ways to stay connected as a couple or family during periods of separation.

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

Boost For Counselling Service Funds



Young people living in Luton will still be able to get counselling support thanks to new funding awarded by the Bedfordshire and Luton Community Foundation's London Luton Airport Ltd fund, will enable counselling at TOKKO youth space, in the centre of Luton, to continue for a further year from April.

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

Staff Supervision In School

The pastoral role in schools, colleges and universities is often faced with heavy emotional demands. It is therefore important to ensure processes are in place to support the psychological health and well-being of staff. Relate can offer staff supervision in your school.

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

Managing Stress For SME Owners: 23/3

Do you turn pressure at work to your advantage or is it becoming a problem for you and your staff?

This workshop will highlight potential causes and the signs of stress and provide strategies for managing and coping with it.

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

First Impressions: 16/3

It is important to make a good first impression! This course delivered by Relate is for reception and appointment staff and aims to help understand and develop good communication skills, build rapport and maintain good relationships

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

Counselling In Your School Or College

The emotional well-being of children and young people is of crucial importance in making sure that they meet their full potential.

If you need a trusted and professional counselling service in your school or college, contact us for a quote on **01234 400730**.

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

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Children & Young People
Families
Collaborative Law Support
Education And Learning
Sex Therapy
Relate In The Workplace
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