

Luton IAPT Contract



The Counselling Foundation in partnership with Relate Bedfordshire and Luton have been successful in their bid as the preferred provider to work with East London Foundation Trust (ELFT) to deliver 4,000 counselling sessions for people living in Luton each year..
[\(more...\)](#)

Time For Us



Put the spark back into your relationship with a fun-filled, quick-fire workshop one Saturday morning in Bedford. We're running regular workshops for couples to help them rediscover their loving relationship. So why not take some time out together, reconnect, and learn new things about yourself and your partner.
[\(more...\)](#)

Luton Family Offer



As part of the Local Family Offer, Luton Borough Council has commissioned us to deliver our evidence based brief relationship counselling service aimed specifically at families either expecting a baby or have children under the age of five and are experiencing difficulties in their relationship which may impact adversely on their children.
[\(more...\)](#)

Funding Secured For Over 60's In Bedford

We have secured funding from Norah Mavis Campbell Trust to offer a bursary for couples or individuals living in Bedford over the age of 60 years when accessing our relationship counselling.
[\(more...\)](#)

Understanding Anger Workshop

Our next workshop is **Thursday, 23rd June** in Bedford from **10am to 3.30pm**. Individuals wishing to attend must be referred by a health professional such as a GP, counsellor or therapist . Bedfordshire residents only.
[\(more...\)](#)

Come See Us At The River Festival

We've been inviting couples to come on stage to kiss then talk with compere Anita, presenter with Bedford's urban radio In2Beats, about what makes their relationship work for them.
[\(more...\)](#)

Help and Support for Separated Families

If you, a friend, or family member is going through a break-up, knowing what to do or where to turn to can be difficult. If you're a parent, you'll want to make sure you do what's right for your children.
[\(more...\)](#)



Explore Our Range Of Services

- Relationship Counselling
- Children & Young People
- Families
- Time For Us
- Education And Learning
- Collaborative Law Support
- Sex Therapy
- Relate In The Workplace
- Armed Forces

