

Our Services

Relate counsellors are selected, trained and supervised to Relate National Federation standards.

Relate provides services in the City, the County and Rutland.

- ❖ Relationship Counselling
- ❖ Relate for Young People
- ❖ Sex Therapy
- ❖ Relate Training Courses
- ❖ Family Mediation
- ❖ Family Counselling
- ❖ Relate Relationship Guides

We are an inclusive agency. Clients can be seen individually, as a couple, married or not, heterosexual or gay, or as a family.

For more information on any of our services please contact us on

☎ 0116 2543011
✉ info@relateleics.org

or visit

🖥 www.relateleicestershire.org.uk
🖥 www.relate.org.uk

When and Where to See Us

Leicester 83 Aylestone Road
Our opening hours are:

Mon-Thurs 9.00 am to 9.30 pm
Friday 9.00 am to 8.00 pm
Saturday 9.00 am to 1.00 pm

Ashby

Coalville

Eyres Monsell

Hinckley

Loughborough

Lutterworth

Market Harborough

Melton

Oakham

Our outposts are open at various times and on various days, please phone and ask.

relate

the relationship people

Relate Leicestershire

83 Aylestone Road, Leicester LE2 7LL

Tel: 0116 2543011

www.relateleicestershire.org.uk

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Young People's Counselling

Sex Therapy

Family Mediation

Lifeskills Training

Family Counselling

Relationship Counselling

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Information for Clients

Relate Leicestershire



Family Counselling

☎ 0116 2543011

The Relate Family Counselling Service helps families, parents and children, siblings, extended families and step families with issues around divorce, separation, parenting responsibilities, stepfamilies, extended families, coping with everyday life, supporting families through the bereavement process and improving family life.

Relationship Counselling

☎ 0116 2543011

You may come on your own or with a partner. You do not have to be in a relationship to use our service.

Your first session with your counsellor is for you to talk about why you have come to Relate and what you want from us. The counsellor will explain how Relate works and will assess whether Relate can help you. Relate may help you to access other appropriate agencies.

If you would like to continue with more sessions of counselling we can usually see you more quickly if you are available during the day. There is a longer wait for evenings and Saturday appointments.

Sex Therapy

☎ 0116 2543011

Many people encounter sexual problems at some time in their life. Relate can help. Sessions start with an assessment.

When you phone Relate make it clear you would like to see a Sex Therapist.

There is a charge for family and relationship counselling, and for sex therapy, but we do not aim to make a profit. Relate services are accessible to all.

Relate for Young People

☎ 0116 2220012

Relate 2U is a counselling service for young people between 10 and 25 years who feel caught in the middle of family breakdown or conflict. **Relate 2U** provides a chance to talk to someone about how you feel, someone who will listen and not take sides.

Relate 2U is free; donations are welcome. Call or email and register. You will be given an appointment of up to one hour each week for as long as you and the counsellor feel is necessary.

Family Mediation

This service is for separating and divorcing couples to make decisions and settle disputes that arise from the breakdown of their relationship. Mediation tries to help in a way that reduces conflict and distress. There may be a charge both for an assessment with a mediator as well as ongoing sessions. This is a means-tested service. Further details on registration

Education & Lifeskills

This is a service available to voluntary, private and statutory organisations and also to members of the public. Our courses help in the development of essential skills for life and relationships.

Examples of our courses:

- ❖ **Moving Forward**
for those who are divorced/separated
- ❖ **Taking Charge of your Life**
assertiveness skills
- ❖ **Values, Esteem and Me**
building self-esteem
- ❖ **Courses for schools, prisons, etc.**
- ❖ **Counselling skills for non-counsellors**

Relate Books for Sale

We have a wide range of books for sale on various subjects concerned with family and relationship issues.