

Our courses offer a chance to meet people going through similar experiences

We work with small groups, normally between 8 – 12 people. Sessions are informal, friendly and supportive, with the aim to provide some knowledge, skills and practical tips to help with life's ups and downs.

"I have gained useful skills that I can now put into practice. I wish I had done this years ago!"

The majority of people who attend our workshops and courses found that by the end of the course, they are able to think and act differently in certain situations, which helps them in their relationships

All participants receive a Certificate of Attendance. Some of our courses are Open College Network accredited and a qualification can be gained.

Find out more

- ❖ about these, and our other services:-
 - relationship counselling*
 - family counselling*
 - young people's counselling*
 - sex therapy*
 - family mediation*
- ❖ about costs to attend our workshops
- ❖ about dates for our next workshops

For more information please contact our Training Manager on

☎ 0116 2543011
✉ training@relateleics.org

relate

the relationship people

Relate Leicestershire

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Registered charity no: 227329
Company Limited by Guarantee
Registered in England: 05065216

Designed & printed by: Evolution Design & Communications
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Parenting and Life Skills



managing life's ups and downs

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Personal Skills

❖ Moving forward and taking charge

Positive steps to make your future a success.

- ✓ Rebuilding after a relationship ends
- ✓ Assertive and communication skills
- ✓ Dealing with change

Evening or daytime:

10 weekly sessions of 2 hours

❖ Conflict resolution

Tools and tips to help reduce conflict

- ✓ Understanding passive, aggressive and assertive behaviour

Evening or daytime:

3 weekly sessions of 2 hours

Saturday: 6 hour session

❖ Values, Esteem and me

Designed to build confidence

Evening or daytime:

3 weekly sessions of 2 hours

Saturday: 6 hour session

Support for Parents and families

❖ From Partners to parents*

Looking at the responsibilities and expectations of being new parents and the skills to keep your relationship alive.

- ✓ Expectations of parenthood
- ✓ Making time for yourselves

Evening or daytime:

10 weekly sessions of 2 hours

Saturday: 'taster' 6 hour session

❖ Riding the storm*

Coping with teenagers - managing conflict, negotiating boundaries, and rebuilding the relationship

- ✓ opening up communication and exploring teenage issues
- ✓ strategies to stabilise the family

Evening or daytime:

10 weekly sessions of 2 hours

Saturdays: 'taster' 6 hour session

❖ Parents Apart

Managing the practical and emotional aspects of being co-parents living apart.

- ✓ Looks at the impact of separation on children and their parents
- ✓ Looks at strategies for helping children cope with the change
- ✓ Looks at developing a new and different relationship with each other

Evening or daytime: 3 weekly sessions of 2 hours

Saturdays: 6 hour session

❖ Parent Mentoring*

A very practical course, to equip parents from different backgrounds to come alongside, support and challenge those they mentor.

- ✓ develop mentoring skills within a community
- ✓ particular emphasis on befriending, building rapport, listening and giving feedback.

Support for Prisoners and their families

❖ Prisoners and their Children

Workshop for partners or parents of prisoners, to help reduce the harmful effects of prison on their family, with the focus on children's need.

❖ Inside Out - Relationships on Release

For all prisoners and their partners to learn together how to plan a new life with one another again and to have a healthy **relationship??**.

❖ Prisoners and their Children

Workshop for partners of prisoners who have returned home.

❖ Together Apart - Relationships on the Inside

This workshop is designed to help prisoners and partners in the early stages of custody. In a group of 4-8 couples, we help plan relationship resilience during the period of enforced separation.

* Open College Network accredited course