

Relate Family Counselling at Berrygrove Children's Centre

What is Relate Family Counselling?

A Family Counselling Service can help you resolve problems affecting both adults and children within the family.



Relate counsellors are trained to work with individuals, couples and any family combination. They can help you resolve problems affecting both adults and children.

Everyone has family arguments at some time. Usually these are easily resolved or blow over, but sometimes they just get worse. Big changes in a family can cause stress for everyone, long running disputes can cause pain in the whole family, and the problems one person might be going through can affect their relationships with others. This is when a Relate Counsellor can help you work things out in a way that's best for everyone. You can see a Relate counsellor individually, as a couple, as a small group or with the whole family. We won't take sides or tell you what to do. We will encourage each family member to have a voice and help you to resolve your differences together. Your family has its own unique needs.

Our counsellors are experienced relationship experts and are specially trained to work with families to help you get along and resolve your problems.

This service is for:-

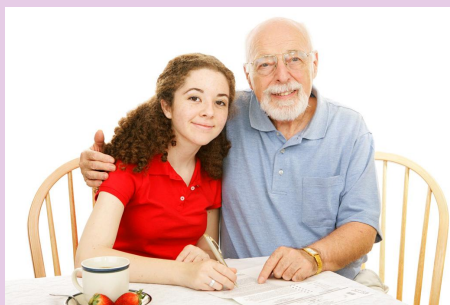
- ♥ Parents and children (1 must be aged under 5 years)
- ♥ Siblings
- ♥ Blended family / Extended families
- ♥ Between adults within the family

relate
the relationship people

Clients must be expecting a baby or have at least 1 child aged 0-5 years to use this service.

If this doesn't apply to you, please contact Relate directly on 01923 241803.

*"Family Counselling can be accessed at Berrygrove Children's Centre on the 2nd Monday each month"
Contact Jo on 01923 484312*



www.relatewatford.org