



Relate Cambridge believes that its preventative work is vital to the emotional health and wellbeing of us all.

As the UK's largest relationship support organisation, Relate is ideally placed to provide vital skills training for people both in the workplace and at home. Relate Cambridge has been offering an education and training service for the last 18 years and is running a programme of workshops this autumn. Elaine Taylor, relationship counsellor from Relate Cambridge said 'We appreciate that Relate is not always recognised for its preventative work but believe that this service offers an essential opportunity, through our workshops, to boost personal wellbeing and provide essential skills'.

OUR AUTUMN PROGRAMME:

Couples *This course supports committing couples to build a stronger, more enjoyable relationship together.*

25 Oct or 6 Dec at 2-4 pm £20 per person (group workshop), £75 per couple (individual couple workshop)

Counselling skills for non-counsellors

Fri 14 Nov at 10am - 4pm £55 per person

Relationship skills

28 Oct or 11 Nov at 3:30-5pm £20 per person

Confidence building

25 Nov or 9 Dec at 3:30-5pm £20 per person

Understanding Anger

22 Nov or 13 Dec at 2-6pm £40 per person

The workshops will be held at 3 Brooklands Avenue Cambridge CB2 8BB

For further information or to book a course please contact Ellie Winter at Relate Cambridge during office hours on 01302 347712 or email admin@relatecambridge.org.uk

For all media enquiries - please contact Elaine Taylor on **01302 347712**

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www.relatecambridge.org.uk

Relate Cambridge – supporting relationships at every stage of your life