

**News release**

# Relate Cambridge launches Relate 4 Parents

*Building stronger relationships with your children.*

At Relate Cambridge we appreciate how difficult it can be for parents to guide their children through the - often challenging - journey towards adulthood, and how this can impact on their relationship.

Relate 4 Parents is open to any parent who just needs a bit of help, advice and support, regardless of whether they are living with their children, are a single parent, a step-parent, are separating, or are a separated parent. The only criteria is that they are able to focus on the needs of their child and collaborate to improve their relationship with them.

**You're not alone**

This new and unique service has been launched in direct response to client demand, and is here for those who feel they need some help, so they feel that they are not alone.

Relate 4 Parents, has been developed and delivered by our specialist children and young people counsellors. The sessions are focused on the child's needs, and offer support, advice and information. They are designed to enhance parenting skills, extend knowledge of a child's development and behaviour, as well as to gain insight into some of the issues parents may be struggling with.

Relate is a charity and as we do not receive any government funding, we make a charge for the service of £50 per session.

**Relate 4 Parents**

The sessions begin with a meeting with one of our specialist team to discuss specific areas of concern, before agreeing what kind of help and resources would be most appropriate.

The kind of topics that might be covered are:

- Parenting styles
- Child development
- Stages of childhood and adolescence
- Talking to your child
- Common mental health issues
- Sibling relationships
- Sharing parental care

- Youth culture
- New parents - changing the relationship dynamic
- Bullying
- Setting boundaries
- Bereavement

For more information or to book an appointment,  
contact Relate Cambridge on 01223 357424  
Mon-Thur 8am-10pm, Fri 8 am-6pm, Sat 9am-5pm (confidential answerphone at all other  
times) or visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

## **ENDS**

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

LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>  
FOLLOW us on Twitter at <http://www.twitter.com/RelateCambridge>  
[www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

**Relate Cambridge – supporting relationships at every stage of your life**

### **Notes to editors:**

- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.