



Relate Cambridge Training Programme Spring 2015

As the UK's largest relationship support organisation with over 75 years' experience, Relate is ideally placed to provide vital skills training to support people in the workplace and at home.

Our training services offer:

- A wide range of courses for you and your family
- Flexible training delivered at dates and times to suit you
- Courses for individuals to help boost personal wellbeing

We are running the following workshops at 3 Brooklands Avenue, CB2 8BB:

From Partners to Parents

14th April, 3-4:30pm; £20 pp as a group, £50 for individuals

Becoming a parent is very exciting but can also bring challenges. Our workshop provides single or couple parents of young children (between ages of 0-6 years) with relationship skills to help consider the practical and emotional aspects of becoming a parent. The group version of the workshop will also give you the opportunity to meet and talk to other parents who are going through the same thing.

Confidence Building

28th April/2nd June, 3-4:30pm; £20 pp as a group, £50 for individuals

In this workshop we'll look at self-esteem – what it is and how we can improve it. We explore making time for ourselves, how to manage stress and help with making decisions. We'll end by looking at resources and support networks.

**For further information or to book
a course, call Relate Cambridge on:
01302 347 712**

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Relationship Skills

5th or 26th May, 3-4:30pm

£20 pp as a group, £50 for individuals

In this workshop we'll be looking at what we bring to relationships in terms of baggage, assumptions and habits (both good and bad) as well as messages received from our parents. We'll consider the difference between healthy and unhealthy relationships and look at communication, assertiveness, negotiation and managing conflict. We'll end by touching on money and relationships and the emotional bank account.

Managing Conflict Within Relationships

19th May, 3-4:30pm

£20 pp as a group, £50 for individuals

This workshop will help participants understand where conflict might arise in relationships, and learn some useful ways to manage it. The conflict might be between parents and children, siblings and friends, as well as in marriage, civil partnership or cohabitation relationships.

The following workshop will be delivered at *Barrere House, 100 Chesterton Road, CB4 1ER*:

Counselling Skills for Non-Counsellors

7th May, 10am-4pm

£55 per person (only available as a group)

This course will enable individuals to learn skills in helping others. It is designed for those wishing to acquire basic counselling skills for use at home, work or in the community.

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