

Quotes from families and young people

“It helped us to open up”

“We broke the ice”

“We came out feeling positive about the future”

“It was good to talk”

“We covered issues that I hadn't thought about before”

“It was a professional, considered and objective session”

“Sorted”



To access these services:

- ◆ Ask your school for a referral
- ◆ You do not need to discuss the reasons for the request with the school
- ◆ All Relate services are private and confidential

relate

The relationship people

32 Chaucer House

Isambard Brunel Road

Portsmouth PO1 2DR

Call or text on: 023 9282 7026

relate@relateportsmouth.org.uk

www.relateportsmouth.org.uk

**WE OFFER MORE
THAN YOU THINK...**

A company limited by guarantee

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**Available in your
school**

Learn and Thrive Project



Family counselling

Family counselling is for parents, children, relatives, step families.

Our experienced counsellors are trained to help families to:

- ◆ communicate better
- ◆ deal with parenting difficulties together
- ◆ support children who are bullied

Our counsellors do not take sides and will not tell you what to do. They will explore relationships in the family and work with you to improve the situation.

All the sessions are private and confidential and held in the school.

Webcam counselling

- ◆ Young people from 10 to 14 years old can discuss their concerns with a fully trained children's counsellor via a secure webcam with the Relate centre in Portsmouth.
- ◆ This service has already been operating successfully for over a year and young people have found this to be a less intimidating way to talk about their issues. Some have likened it to the Big Brother Diary Room.
- ◆ We offer this service in a number of schools across the region.
- ◆ Young people can refer themselves or be referred by a parent or a teacher via their school.
- ◆ To check if your school is participating in this scheme please call the Relate office or ask your school.

Workshops in schools

We run several workshops to help young people to achieve their potential:

- ◆ **Stand up for me:**
in small groups, young people from 11 to 16 years old will learn how to develop confidence and deal with bullying.
- ◆ **Understanding Relationships:**
young people will learn about the basics of relationships, friendships and committed relationships.
- ◆ **Peer Mentoring/ Buddying:**
young people will learn helping skills to support those who are bullied or feel alone.