

The Relationships Centre

We offer a range of services

We provide confidential mental health support for everyone.

Our adult services work within a systemic and psychodynamic framework.

Relationship Counselling

Support for any relationship difficulties you may be facing as a couple or individual. Our trained relationship counsellors can help you gain new skills, work on better interaction and reflect on unhelpful patterns of behaviour to gain a deeper awareness of each other's needs, knowledge and understanding. This service is available to anyone aged 18 or over.



Individual Counselling

Support for a range of emotional and mental health needs. Our counsellors offer a safe space to talk about anything you may be struggling with. We can provide sessions face to face and over Zoom. This service is available to anyone aged 18 or over.

Family Counselling

A private, confidential, and non-judgemental space for families to discuss their relationships. It can involve individuals, couples, and several generations of family, or non-family members. Our family therapists aim to highlight strengths and resources that families already have, building on these foundations to open a space for positive communication. We aim to provide a space for families to explore and discuss any barriers to being able to manage their relationships.

Sex/ Sex Addiction Therapy

We offer support for any couples or individuals to help address sexual difficulties. Our trained counsellors can help you to understand the connection between physical, emotional, and psychological impacts of sexual difficulties. We also offer help for individuals and/or their partners struggling with compulsive or addictive behaviours around Sex and Pornography and the impact that this may have on relationships and wellbeing. This service is available to anyone aged 18 or above.

01162543011

Children & Young People's Counselling

Our Children & Young People's counsellors offer a safe space for children and young people aged 8-18 to talk about any challenges they may be facing and explore better ways of coping. We work within CBT, systemic and child centred modalities. We also provide services within schools across Leicester, Leicestershire and Rutland.



Support for parents/carers

Our Prosper programme is a 3-hour Zoom session for parents of children experiencing anxiety. Our Prosper deliverers support parents to understand anxiety and how they can best support their children and young people to cope better.

"It was a relief to learn that other parents have the same worries"
~ Prosper parent

Flourish

Our Flourish groupwork programme is for children and young people aged 8-17. It aims to equip children and young people with a better understanding of mental and emotional health, coping strategies and emotional resilience through a range of creative and engaging interventions. There are a maximum of 8 young people in any group. Topics covered include:

8-11yrs (6 week programme)

- Understanding anxiety
- Anxiety management
- Improving self esteem
- Communicating emotions
- Building resilience
- Mood management

11+yrs (8 week programme)

- Understanding anxiety
- Coping strategies
- Managing low mood
- Challenging unhelpful thoughts
- Improving self esteem
- Managing stress
- Building resilience
- Physical wellbeing and responding to problems

ADHD Support

Our ADHD service supports children and young people aged 8-18 and their families, who either suspect they have ADHD (Attention Deficit Hyperactivity Disorder) or have received a diagnosis. We provide a programme of tailored support for individuals with low to moderate mental health difficulties associated with ADHD, as well as group work for parents and carers to help manage ADHD-related difficulties effectively.

Community Chill Out Zone (CCOZ)

Our CCOZ workshops are free mental health and wellbeing workshops that are delivered by The Relationship Centre practitioners to children and young people in schools and community venues. Our workshops raise awareness of mental health and wellbeing support and include interactive discussions and activities, including topics such as, the early warning signs of anxiety, low mood, mindfulness coping strategies and resources.

For more information about our services, please contact us:



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