

The Bridge



The Bridge is a community domestic abuse programme for couples or single people who are or have been in an abusive relationship. There is a 27 week programme for men who would like to change their abusive behaviour in their relationships and support services for women and children.

The Family Support Team provides a comprehensive and flexible service to suit the needs of all family members.

A service to support the whole family

- Relationship Counselling
- Family Counselling
- Time For You
- Psychosexual Therapy
- Relate for Parents
- Life Skills

Relate Coventry

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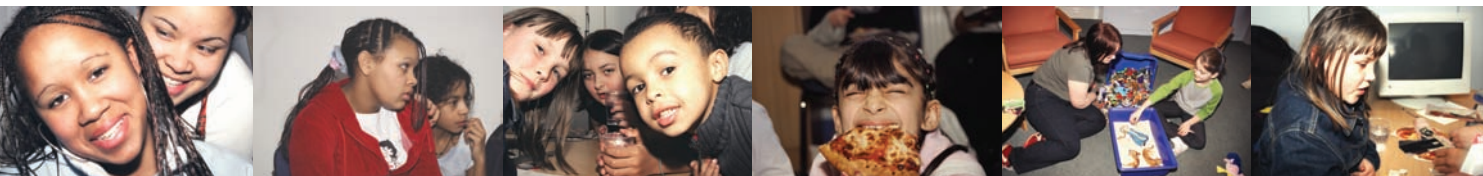
Website: www.relatecoventry.org

Relate Coventry is a charitable organisation and works in accordance with the Area Child Protection Committee and the Coventry Information Sharing Protocol.

Charity number: 1103470

Company's House number: 4939758

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the family support team

The Support Team is made up of:

Family Counselling
Relate for Parents
Time for You
Life Skills

Family Counselling

Relate Family Counselling is there to help:

- Extended families
- Parents and children
- Siblings
- Step families
- Families

Family Counselling

Most families have arguments and difficulties sometimes. Often these sort themselves out, but sometimes they get worse. A Relate Family Counsellor can help you as a family to work things out. The counsellor knows that all families are unique and will understand that each family will have it's own set of unique difficulties. Relate also understands that family difficulties can cause a great deal of stress for everyone and can also affect relationships. The Family Counsellor does not take sides and every member of the family will be valued.

If you decide that family counselling could be helpful, you will be offered an initial appointment. As many family members as possible are invited to attend the first session. The counsellor and the family will identify the difficulties and decide what changes the family as a whole would like to make. A decision will then be made about who will attend the next session.

Relate for Parents

Relate for Parents provides confidential counselling sessions for parents who have concerns about a child or children within their family. We work with parents to examine their family systems and behaviour and look to make changes to help families stay together safely. This piece of bridging work is a good first link for parents who may then consider life skills work or family counselling.



The Family Support Team provides a comprehensive and flexible service to suit the needs of all family members.

The Support Team works alongside the existing relationship service that has been available to adults for the past 60 years.

Time for You

Time for You is a young people's counselling service run by Relate which offers confidential counselling to children and young people between the ages of 5-25. This service is for any young person who is finding it difficult to cope with any change that may have happened in their family.

Examples of change may be:

- separation and divorce
- building new relationships with step-parents or step-siblings
- conflict within the family
- experience of domestic violence/abuse
- a significant adult is in prison
- loss of a family member.

Referrals are only taken with the knowledge and consent of the young person involved.

Life Skills (Adults) Workshops Assertiveness and Confidence Building

Recognising confident and insecure behaviours, our own barriers to confidence, increased self-awareness, assertiveness and practical ways to increase confidence.

Conflict Management

Recognising anger in self and others, communication styles, understanding your own anger, conflict management techniques.

Power of One

Empowering single parents by looking at self-awareness, support networks, dealing with the past and making new choices.