

Relate Cambridge is supporting new parents in our latest campaign

Becoming a parent is very exciting but can also bring challenges

Relate Cambridge has always recognised the impact of becoming a parent on a relationship. However, following this recent feedback from one of our clients ... *'just wish that my husband and I had been encouraged to come to Relate a lot earlier - and especially after the birth of our first baby' ...* we have now been inspired to launch a special campaign to support new parents. To this end, we have sent out posters and flyers to all our local maternity units to raise awareness of the range of services that are on offer to support them, as well as the relationship counselling services we already run for individuals, couples and families. These include:

'From Partners to Parents' course

This will provide 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. It will also give the opportunity to meet and talk to other parents in the same situation.

Single Sessions

These single counselling sessions will enable a parent to look at solutions to address difficulties and ascertain whether longer-term counselling would be helpful. This takes a solution-based approach rather than look in depth at problems

Relationship MoTs

These offer a practical approach to learn skills and strategies on the following topics: Relationship Skills, Confidence Building, Family Pressures and Managing Conflict in Relationships.

'Couples' Course

This will prepare parents for - or help them cope with - any transitions in their relationship such as moving in together or cohabiting, marriage and **becoming parents**, to name just a few.

Relate Cambridge believes that there are many different ways they can help people cope better with becoming parents, and knows that raising awareness of the services on offer is a vital part of our work.

ENDS

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

LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>
www.relatecambridge.org.uk

Relate Cambridge – supporting relationships at every stage of your life