

## Life skills training

Relate is one of the nation's most respected providers of life skills training across the country, and each year delivers more than 5,000 training days to over 20,000 people. These courses are designed for members of the public, private, statutory and voluntary sectors.

Many of our workshops are designed specifically to suit clients' needs. Some examples of Relate Cambridge workshop topics and the settings in which they have been run are given below:

Pre-retirement	Age Concern
Relationships and Sexuality	Adoption UK
Room To Be Me (Relate self-esteem workshop)	Parents Community Network
Divorce, Separation and Teenagers	Homestart
Aggression	School of Nursing Cambridge
*COUPLES - Relate Course	Hartford Student Support Centre
Parenting Skills	Salvation Army Hostel Godmanchester
	Schools and 6 <sup>th</sup> Form Colleges

**\* COUPLES** has been designed to equip committed couples for a stronger, more enjoyable relationship together. It is for couples that are getting married, moving in together or committing to each other on a long-term basis. Exercises are given on the subjects of: Commitment, Expectations, Communication and Conflict, Intimacy and If Things Go Wrong. The course can be delivered as a one-off session with individual couples or run in a group setting during an evening or Saturday morning.

*If you would like to have a Relate course delivered to your organisation, please contact Elaine Taylor or Sarah Maddocks on 01223 357424, to discuss your requirements.*

Feedback from course/workshop participants include:

*We have been able to consider important issues together  
Meeting other people in similar circumstances was really helpful  
A relaxed evening but sufficiently thought provoking*

