

relate  
the relationship people



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Building Better Relationships

relate

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One Hour  
Discussions

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Charity no. 1053978 Company no.3167701



## One Hour Discussions

Relate are now able to offer one hour discussions for you and your family.

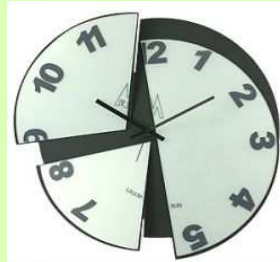
These discussions are not counselling sessions, they are an opportunity to discuss with a counsellor areas of concern and enjoyment within your relationships.

Our aim is to provide you with the tools to help improve your relationships. One hour discussions start from £45.

Choose from:

- Here and Now
- Sunnier Times
- Loving Times

### Here and Now



**Here and Now focuses on whatever you need now, to get through difficult times.**

Here and now is different to ongoing counselling in that it does not explore how the situation arose, or what needs to happen to prevent it happening again. The counsellor will work with you concentrating on what you need right now to get you through a difficult time. You can come on your own, with your partner or with members of your family.

### Sunnier Times



**Sunnier Times is a one off session that looks at rebuilding your relationship/s.**

For relationships that were once effortless and fulfilling and have lost their way, a counsellor will work with you to focus on happier times and build on the strengths in your relationship and look at things that may help to improve it. You can come on your own, with your partner or with members of your family.

### Loving Times



**Loving Times is a one off session to help deepen your sexual intimacy by finding ways to talk about sex.**

Find a way to revitalise your sex life by gaining insights into your own and your partners sexual wants and needs.

Loving times is an opportunity to look at what pleases you and your partner.

You can attend on your own but we would recommend attending with your partner.

#### What to do next...

If you are interested in any of our one hour discussions please contact us  
Call. 01245 258680 or email  
[admin@relate-northessex.org](mailto:admin@relate-northessex.org)

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