

relating

relate milton keynes quarterly newsletter



www.relatemk.org

Issue 02 November 2008

Welcome to the second edition of RELATING — the Newsletter produced by Relate MK showcasing our range of open public training courses, and any other Relate MK news of interest. If you have any feedback or suggestions please feel free to get in touch.

Relate Milton Keynes

- ❖ Relationship Counselling
- ❖ Psychosexual Therapy
- ❖ Family Counselling
- ❖ Young Peoples Counselling
- ❖ **Training for Life**
- ❖ Charity Shop

relate
the relationship people



What's new in **Training for Life?**

January 2009 sees the launch of the Relate **Taking Charge** programme. Building on the success of our **Taking Charge of Your Life** courses we are offering a range of short courses open to everybody which provide you with the skills, tips and pointers to negotiate life's ups and downs more effectively.

Pick and choose the courses which best meet your needs, and still enjoy The Relate Experience.

We're re-launching Moving Forward as part of the Relate **Taking Charge** programme, so if you're separated or divorced then this course is for you; details of times and dates are on Page 2 of the newsletter.

*And in the meantime why not treat yourself to relate **reconnect?***

relate **reconnect** is your chance to meet up with old friends from previous Relate courses, or maybe make new ones. There's wine and nibbles laid on and a laidback atmosphere for you to get back in touch with The Relate Experience. It's free and fun, so what have you got to lose? Hope to see you there on the evening of Thursday 4th December!

More details on attached flyer.



And as always the staple courses **Counselling Skills for Non Counsellors** and **Further Counselling Skills** are scheduled to run in January, so with all of these opportunities to learn new things and meet people, why not go for it?

Relationship going strong?

Here are some of our Top Tips for great lovers :-

- **Make time** – to spend with each other and stick to that commitment.
- **Communicate** – about the ups and downs of your day.
- **Dream together** – about the future you want to share together.
- **Learn something new together** – couples can grow together by learning and exploring a new activity.
- **Touch** – whether it's a peck on the cheek, a hug or making love.
- **Laugh** – Laughter releases endorphins that are nature's feel good chemicals and when you laugh together you create a positive atmosphere.
- **Be open about your feelings** – the more you share your emotions the closer you'll feel.
- **Be thoughtful** – one of the best ways of communicating that you love someone is by doing little things to show them.
- **Add a little romance** – be original, it tells your partner that they're special.
- **Spice up your sex life** – if your sex life has become unsatisfying then talk to your partner about how you can make things more exciting.
- **Remember to say "I love you"** – no-one can hear those words too often.

At Relate, we believe that making time to talk to your nearest and dearest on a regular basis can really help your relationships flourish.

Relationships never stay the same – so be sure you make time to keep them on the right track.

We're here to help if you're finding it difficult

appointment@relatemk.org

01908 310010

www.relatemk.org



Relationship ended?

Moving Forward

a six week course

starting Wed 21st January

Start to rebuild your life

Rediscover confidence in relating to others

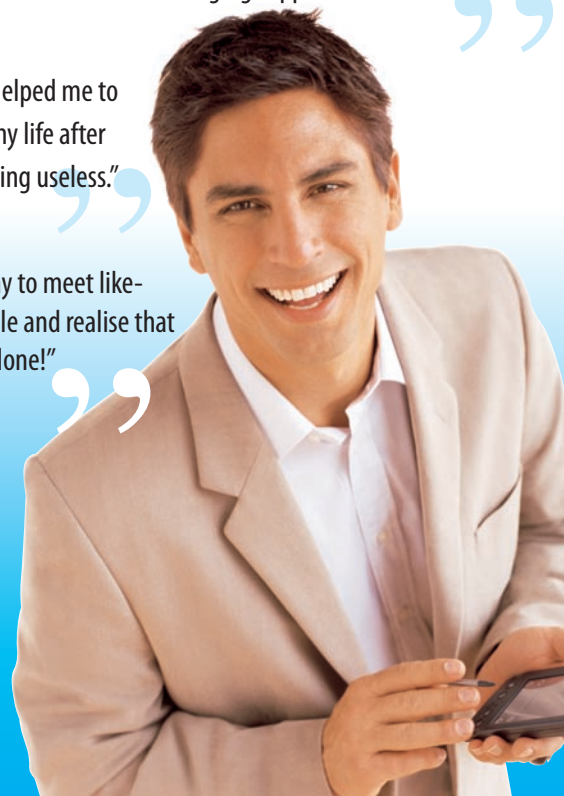
Learn tips about new relationships

Make friends

“It's made me look at myself and my relationships from points of view I didn't know existed. Challenging supportive & worthwhile.”

“The course helped me to get on with my life after I was left feeling useless.”

“Fantastic way to meet like-minded people and realise that you are not alone!”



Course Programme, January 2009

Moving Forward

Starts Wednesday, 21st January

7.00 pm—9.15 pm every Wednesday for 6 sessions—full course fee £75

Taking Charge of Your Life

Starts Thursday, 29th January

7.00 pm—9.15 pm every Thursday for 6 sessions—full course fee £75

Counselling Skills for Non Counsellors

Starts Wednesday, 14th January

7.00 pm—9.15 pm every Wednesday for 10 sessions—full course fee £195

Further Counselling Skills

Starts Tuesday, 13th January

7.00 pm—9.15 pm every Tuesday for 10 sessions—full course fee £195

All of the above 4 courses have a half-term break.

For more information or course bookings :-

RelateMK

01908 310010

training@relatemk.org

www.relatemk.org

Relate MK, 47 Aylesbury Street, Wolverton, Milton Keynes MK12 5HX

Phone: 01908 310010

Email: appointment@relatemk.org

www.relatemk.org

relate reconnect

An evening of fun and socialising in the laidback environment of The Madcap Theatre concourse, with free wine & nibbles!

Win!

Free raffle with the chance to win a free place on a Relate course and other goodies!

- * Reconnect with former course participants
- * Meet new people and make friends
- * Tell us how you're doing

Thursday December 4th
from 7pm onwards

Everyone welcome
(whether you've been on a Relate course or not)
Please let us know in advance if you intend to come along.
Feel free to bring a friend as well – just let us know in advance,
so that we can make sure there's enough wine to go round!

relate
the relationship people

RelateMK
01908 310010
training@relatemk.org
www.relatemk.org