



Family Counselling



Relate Dorset and South Wiltshire are pleased to be working in partnership with The Royal British Legion. Together we are here to support the armed forces community with Family Counselling.

This brochure explains what Family Counselling is and how it might help you.

Serving members and veterans of all three services are eligible and the cost is significantly offset by the Legion and in some cases may be free. To find out if Family Counselling could help you we begin with a Consultation which lasts about 50 minutes. Most individuals and families then go on to attend a series of seven sessions, tailored to individual circumstances.

People can self-refer by contacting us directly, or if you are being supported by another military charity they may contact us on your behalf. All we need is evidence of prior (or current) service and as with the Legion you will need to have served for a minimum of seven days.

If you were born before 01 January 1950 then you, and your relatives or carer may be eligible for counselling with Aged Veterans Counselling.

Family Counselling

Who can benefit from this service?

All members of the armed forces community — this means serving, veterans and their families.

Where can you get help?

Across Dorset and in the surrounding areas of Yeovil and Salisbury.

How much does it cost?

Thanks to The Royal British Legion this is a very low cost or free service.

Get in touch or ask another service to refer you.

 www.relatedorset.org.uk (armed forces)

 01302 380900

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**We've got a lot of
family stuff going on at
the moment.**

**The Royal British Legion and Relate
- together we can help.**



relate
the relationship people



relate

the relationship people



Family Counselling

No family is perfect. But there are many things that can affect your home-life — separation in the armed forces is the most significant, whether that be long deployments or regular absence for training or operations. Sometimes even the uncertainty can destabilize a relationship. This can affect your spouse or partner, your children, siblings or parents — anyone who can influence the family dynamics.

Once your military service is over there are still many things that can affect your home-life. Stress at not finding a job, or doing a job you are not happy with, deciding where to live, affording a home, forming a new family, bereavement, retirement, to name but a few.

This is where Family Counselling can help.

Whatever the problem, we can help you all come to terms with things and find a way through.

Every relationship needs help now and then

As hard as we try, sometimes things can become too uncomfortable or painful to ignore. You don't need to be in a crisis to use Relate services, if it's important to you then it's important to us. We promise to listen and offer support in a non-judgmental and impartial way.

Relate has been supporting serving members of the armed forces and their families for many years and our counsellors understand the stresses the armed forces community can face.

What you'll get out of it

- Improved wellbeing and self confidence
- A better understanding of yourself and your partner
- Better family relationships
- Reassurance that you are not alone
- Help with team work
- Better negotiation skills

"I couldn't believe what a transformation had taken place in our lives, affecting not just us, but our children, wider family and friends as well. We are eternally grateful for your help." Relate client.

More about Relate services

Support for individuals

Relate is for individuals, whether you are in a relationship or not.

Children and teenagers

Growing up can be tough and there are a lot of things going on at home and school that can make life difficult, so it can help to have someone to talk to.

UCan Workplace Preparation Programme

Relate provides specialist support to the Ucan project supporting people farthest from the workplace; veterans and their families are of particular interest to the programme. Each person receives personalised counselling and / or 'skills for life' training to support good mental health and address barriers to work including relationship and family issues.

