

Building Relationships for Stronger Families

Recommended Programme of Help



KEY INFORMATION ►

The practitioner you have seen has recommended the following intervention. Please read to find out more.

Within My Reach

Who is it for?

Separated parents (each attend separately).

What does it consist of?

Eight group sessions.

What is it about?

Within My Reach is about healthy relationships. The focus is on helping you establish and maintain positive relationships and looks at how to deal with conflict.

(continued overleaf)

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TAVISTOCK
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Asian Family Counselling Service
Individual, Couple and Relationship Counselling



**family
lives**



Elfrida Rathbone
RELEASING POTENTIAL
Camden

What is it about? *(continued)*

The programme also includes information about how your adult relationships can affect your children.

The content is based on two key principles:

1. Everyone wants to have happy, healthy and stable relationships.
2. What people do in their relationships, especially once in a partnership, affects their success in every other area of life, with work, education, and child raising.

How this programme helps:

This curriculum empowers each attendee to:

- ▶ practice replacing communication danger signs with proactive strategies for respectful talking and listening
- ▶ examine the warning signs of dangerous patterns in relationships
- ▶ develop skills to help manage stress and reduce the negative effects of stress
- ▶ explore personal needs and expectations and the role that decision-making plays in realising those needs and expectations
- ▶ learn the brain science behind love and how to enjoy and thoughtfully navigate decisions while in love
- ▶ acknowledge the long-term satisfaction possible through the gift of commitment
- ▶ discuss forgiveness, infidelity and knowing when to end an unhealthy relationship
- ▶ recognise the challenges and opportunities inherent in step-parenting or blended families.

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