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## Relationships

### NATIONAL

The Association for Shared Parenting Tel: 01789 750891 (evenings); Fax: 01789 751081 Email: [spring.cott@btopenworld.com](mailto:spring.cott@btopenworld.com) [www.sharedparenting.org.uk](http://www.sharedparenting.org.uk)

Exists to promote the rights of children to the nurture of both parents after separation or divorce. Support and advice to fathers and mothers who are worried about the welfare of their children after separation or divorce. Most commonly advice surrounding issues central to family law, parental responsibility, contact, residence, Children's Act etc.

Care for the Family Garth House, Leon Avenue, Cardiff CF15 7RG Tel: 029 2081 0800 Email: [mail@cff.org.uk](mailto:mail@cff.org.uk) [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

National charity which aims to promote strong family life and to help those hurting because of family breakdown. Offer help and support to those who have been widowed at a young age and to bereaved parents, and a wide range of other support services to families experiencing any kind of difficulty.

It's Not Your Fault [www.itsnotyourfault.org](http://www.itsnotyourfault.org)

Action for Children website offering advice and support for children, young people and parents going through a family break-up.

### SCOTLAND

Relationships Scotland 18 York Place, Edinburgh EH1 3EP Tel: 0845 119 2020; Fax: 0845 119 6089 [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

Relationships Scotland is a new Scottish Charity created by the merger between Relate Scotland (previously Couple Counselling Scotland) and Family Mediation Scotland. We support local services to provide a wide range of services including: Relationship Counselling; Family Mediation; All Issues Mediation (family mediation on matters of property and finance); Family Counselling; Young People's Counselling; Group Work with Separating Couples; Young People's Support Groups; Mediation in the Context of Homelessness; Child Contact Centres including Supported and Supervised Child Contact; Sex and Relationship Therapy; Telephone Counselling; Parent Education Classes, and Training for Counsellors, Mediators and Supervisors.

Caledonia Youth 5 Castle Terrace, Edinburgh EH1 2DP Tel: 0131 229 1402; Fax: 0131 221 1486 Email: [information@caledoniayouth.org](mailto:information@caledoniayouth.org) [www.caledoniayouth.org](http://www.caledoniayouth.org)

Caledonia Youth provides information and support to persons under 25. We provide counselling services and training in many areas, for example, relationships, contraception, self-esteem and friendships.

Aberdeen: Counselling and Family Mediation Grampian (Relationships Scotland) Alliance House, 493 Union Street, Aberdeen AB11 6DB Tel: 08700 858 158/148 Email: [aberdeen.office@cfmg.co.uk](mailto:aberdeen.office@cfmg.co.uk)

Offer: Relationship Counselling (individual & couple), Family Mediation, Child Contact Centres, Psychosexual Therapy, Child Focused Mediation, Direct Consultation with Children, Intergenerational Mediation, Stepfamily Mediation, Workshops for Parents, Legal Advice, Counselling for Children and Young People.

Argyll Couple Counselling (Relationships Scotland) Market Street Centre, Market Street, Oban PA34 4HR Tel: 01631 563297/01631 300514 Email: [info@argyllcouplecounselling.org](mailto:info@argyllcouplecounselling.org)

Offer: Relationships Counselling (individual and couple).

Ayrshire Couple Counselling (Relationships Scotland) The Bungalow, 3a Holmston Road, Ayr KA7 3BA Tel: 01292 265270 Email: [rs-ccayrshire@tiscali.co.uk](mailto:rs-ccayrshire@tiscali.co.uk)

Offer: Relationships Counselling (individual and couple).

Borders: Counselling & Family Mediation (Relationships Scotland) P.O. Box 13753, Peebles EH45 8ZY Tel: 01721 724170 Email: [info@rsborders.org.uk](mailto:info@rsborders.org.uk)

Offer: Relationship Counselling, Family Mediation, Psychosexual Therapy, Child Contact Centres, Child Focused

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Mediation, Direct Consultation with Children, Intergenerational Mediation, Stepfamily Mediation, Work with Children, Groups for Children.

Central Scotland Couple Counselling (Relationships Scotland)9 Callendar Road, Falkirk FK1 1XS Tel: 01324 670067  
Email: info@relationships-scotlandcccs.org.uk

Offer: Relationships Counselling (individual and couple), Psychosexual Therapy, Domestic Abuse Service.

Dumfries & Galloway (Relationships Scotland)Mount St Michael, Craigs Road, Dumfries DG1 4UT Tel: 01387 251245  
Email: info@relationships-scotlanddg.org.uk

Offer: Relationship Counselling (individual & couple), Family Mediation, Child Contact Centres, Psychosexual Therapy, Child Focused Mediation, Direct Consultation with Children, Stepfamily Mediation.

Elgin: Counselling and Family Mediation Grampian (Relationships Scotland)17 Institution Road, Elgin IV30 1QT Tel: 01343 540801 Email: elgin.office@cfmg.co.uk

Offer: Relationship Counselling (individual & couple), Family Mediation, Child Contact Centres, Psychosexual Therapy, Child Focused Mediation, Direct Consultation with Children, Intergenerational Mediation, Stepfamily Mediation, Workshops for Parents, Legal Advice, Counselling for Children and Young People.

Fife Couple Counselling (Relationships Scotland)St Bryce Kirk Centre, St Brycedale Avenue, Kirkcaldy KY1 1ET Tel: 01592 597444 Email: jillccf@btconnect.com

Offer: Relationship Counselling (individual and couple).

Glasgow Couple Counselling (Relationships Scotland)27 Sandyford Place, Sauchiehall Street, Glasgow G3 7NG Tel: 0141 248 5249 Email: relateglasgow@btconnect.com

Offer: Relationship Counselling (individual and couple), Psychosexual Therapy.

Highland Couple Counselling (Relationships Scotland)6 View Place, Inverness IV2 4SA Tel: 01463 712888 Email: viewplacepts@yahoo.co.uk

Offer: Relationship Counselling (individual & couple), Psychosexual Therapy, Counselling for Children & Young People, Telephone Counselling.

Lanarkshire Couple Counselling (Relationships Scotland)The Cottage, 14 Manse Road, Motherwell ML1 2PW Tel: 01698 254709 Email: julie@familysupport.org.uk

Offer: Relationships Counselling (individual & couple), Psychosexual Therapy.

Lothian Couple Counselling (Relationships Scotland)9a Dundas Street, Edinburgh EH3 6QG Tel: 0131 556 1527 Email: admin@cclothian.org.uk

Offer: Couple Counselling (individual & couple) Psychosexual Therapy, Groups for Children, Counselling for Children and Young People, Art Therapy for Couples, Telephone Counselling.

Orkney: Relationships ScotlandThe Strynd, Kirkwall, Orkney KW15 1HG Tel: 01856 877750 Email: enquiries@rsorkney.org.uk

Offer: Relationship Counselling (individual & couple) Family Mediation, Child Contact Centres, Child Focused Mediation, Direct Consultation with Children, Stepfamily Mediation, Homelessness Mediation, Groups for Children, Counselling for Children & Young People, Telephone Counselling.

Peterhead: Counselling and Family Mediation Grampian (Relationships Scotland)Marischal Chambers, 8 Drummers Corner, Peterhead AB42 1ZP Tel: 01779 490790 Email: peterhead.office@cfmg.co.uk

Offer: Relationship Counselling (individual & couple), Family Mediation, Child Contact Centres, Psychosexual Therapy, Child Focused Mediation, Direct Consultation with Children, Intergenerational Mediation, Stepfamily Mediation, Workshops for Parents, Legal Advice, Counselling for Children and Young People.

Shetland Couple Counselling (Relationships Scotland)Market House, 14 Market Street, Lerwick, Shetland ZE1 0JP Tel: 01595 692719 Email: ccshetland@tiscali.co.uk

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Offer: Relationship Counselling (individual and couple), Telephone Counselling.

Tayside Couple Counselling (Relationships Scotland) 201 Blackness Road, Dundee DD1 5PN Tel: 01382 640123 Email: admin@couplecounsellingtayside.org.uk

Offer: Relationship Counselling (individual and couple), Psychosexual Therapy, Counselling for Children and Young People, Parent Child Therapy.

Western Isles Counselling and Family Mediation (Relationships Scotland) 23 Keith Street, Isle of Lewis HS1 2JA Tel: 01851 705600 Email: Chris93444@aol.com

#### ENGLAND/WALES

Family Mediators Association Grove House, Grove Road, Bristol BS6 6UN Tel: 0117 946 7062; Fax: 0117 946 7181 www.thefma.co.uk

Organisation operating across England and Wales which offers voluntary mediation services to families and couples going through separation or divorce, in order to aid communication, minimise conflict, and ensure that individuals are well informed about all aspects of separation.

London: 2 As 1 Tel: 0700 2222 7000 Email: supportcentre@2as1.net www.2as1.net

Provides relationship support to couples and individuals. Service is aimed at Britain's black community, although welcomes all people regardless of race, gender, religion, disability or sexual orientation.

Marriage Care 1 Blythe Mews, Blythe Road, London W14 0NW Tel: 020 7371 1341; Fax: 020 7371 4921 Email: info@marriagecare.org.uk www.marriagecare.org.uk

A charity operating across England and Wales which helps people prepare for, achieve and sustain marriages, and offer support in cases of marriage breakdown.

National Family Mediation Margaret Jackson Centre, 4 Barnfield Hill, Exeter, Devon EX1 1SR Tel: 01392 271610; Fax: 01392 271945 Email: general@nfm.org.uk www.nfm.org.uk/index.php?page=Home

A network of family mediation services across England and Wales offering help and mediation services to people (married or unmarried) who are separating or divorcing.

Hull: Family Links Northern Regional Office, Unit 9, Kings Parade, King Street, Cottingham, East Riding of Yorkshire HU16 5QQ Tel/Fax: 01482 504330 Email: sandra.mcalpin@familylinks.org.uk www.familylinks.org.uk

National charity which works with parents and schools, aiming to help children and adults alike to get the best out of life through improving relationship skills. It runs parent and teacher courses and provides information and a national newsletter.

Oxford: Family Links Peterley House, Peterley Road, Horspath Industrial Estate, Oxford OX4 2TZ Tel: 01865 401800; Fax: 01865 401820 Email: info@familylinks.org.uk www.familylinks.org.uk

National charity which works with parents and schools, aiming to help children and adults alike to get the best out of life through improving relationship skills. It runs parent and teacher courses and provides information and a national newsletter.

Relate Premier House, Carolina Court, Lakeside, Doncaster DN4 5RA Tel: 0300 100 1234 Email: enquiries@relate.org.uk www.relate.org.uk

Organisation operating across England and Wales offering advice, relationship counselling, sex therapy, workshops, mediation, consultations and support - face-to-face, by phone and via the website. Please see their website for details of your local office.

#### NORTHERN IRELAND

Relate: Northern Ireland 3rd & 4th Floor, 3 Glengall Street, Belfast BT12 5AB Tel: 0870 242 6091; Fax: 028 9031 5298 Email: office@relateni.org www.relateni.org

#### ISLE OF MAN

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Relate: Isle of Man2 Fairfield Terrace, Tynwald Street, Douglas IM1 1BETel: 01624 623902Email: relate@mcb.net

JERSEY

Relate: Jersey2 Charles House, Charles Street, Jersey JE2 4SFTel: 01534 734980Email: relate.jersey@jerseymail.co.uk

GUERNSEY

Relate: Guernsey5 Smith Street, St Peter Port, Guernsey GY1 2JNTel: 01481 730303Email: relategsy@cwgsy.net