

Divorce, Separation & Relationship Concerns



Family Lives - People contact Family Lives about all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. We also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.

Online chat available along with telephone support/advice.

0808 800 2222

<https://www.familylives.org.uk>



Cheltenham Mediation Services - are a trusted family mediation specialists based in Cheltenham and working across Gloucestershire, and nationally, helping people to find common ground and resolve conflicts, make changes and open up new possibilities. Our mediators help families, individuals and organisations to make new beginnings and create better futures.

01242 220601

<https://www.cheltenhammediation.co.uk/>



Relate - ...counsellors provide a caring, supportive and non-judgmental environment to help you find a way through any difficulties you may be facing in your relationship. Together *they* will first help you to identify the issues or problems you are facing in your relationship. If you decide couple counselling is the way forward for both of you, you will embark on a series of short-term counselling sessions - anything between six and twelve sessions is normal, but it will depend on the issues you are experiencing. For some couples, counselling is the start of a longer process of discovery while for others, a few sessions of counselling may be all they need to move through a rough patch. You will be able to discuss your expectations with your counsellor.

03333 202293

appointments.swhiow@relate.org.uk

<https://www.relate.org.uk/relationship-help/help-relationships/relationship-counselling>



CAFCASS - Cafcass stands for Children and Family Court Advisory and Support Service. Cafcass represents children in family court cases in England. *They* independently advise the family courts about what is safe for children and in their best interests. *They* put their needs, wishes and feelings first, making sure that children's voices are heard at the heart of the family court setting. Operating within the law set by Parliament (Criminal Justice and Court Services Act 2000) and under the rules and directions of the family courts, *they* are independent of the courts, social services, education and health authorities and all similar agencies.

Their duty is to safeguard and promote the welfare of children going through the family justice system, supporting over 140,000 children every year by understanding their experiences and speaking up for them when the family court makes critical decisions about their futures.

<https://www.cafcass.gov.uk/>