



**RELATIONSHIPS**  
counselling, mediation  
& family support across **SCOTLAND**

Member of Relationships Scotland

## **Family mediation**

Living together in a family, a step-family or with friends can sometimes be really hard. There may be arguments or ultimatums and things may get so difficult that people just leave, or are told to leave. They can be feeling angry or upset and maybe left without a clear plan of what to do next.

If you are over 16 and recognise the above - maybe you or someone from your family has already walked out or is thinking about doing it - we may be able to help.

Conflict is part of life and managing it successfully is an important part of relationships. Sometimes families need support to find the best way forward. To get together to make practical, workable arrangements for the future, taking into account the views, needs and feelings of everyone involved; including you.

We will treat you with respect. We will listen. We will go at your pace. We will work alongside you and anyone else in your family, to help you figure out a solution together.

**So whether it's you or someone you care about who's struggling with conflict in their family, get in touch.**



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We work to strengthen relationships between family members. We help them get back to working together, focusing on reducing the causes of conflict. We support the family to move forward, building better relationships and a more stable and happy living environment for all involved.

**If you would like to find out more,  
please get in touch.**



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