

## Assistance for Marriages in Difficulty

Pope Francis noted in his apostolic exhortation *Amoris Laetitia* that “*the life of every family is marked by all kinds of crises.*” He goes on to say, “*Couples should be helped to realize that surmounting a crisis need not weaken their relationship...Each crisis becomes an apprenticeship in growing closer together or learning a little more about what it means to be married. There is no need for couples to resign themselves to an inevitable downward spiral or a tolerable mediocrity*” (no. 232).

We recognise that some marriages face difficult times, indeed there can be a crisis where your relationship comes under serious pressure. There are a variety of marriage relationship counsellors which you can turn to. These two organisations are particularly recommended for the good work which they do. We hope that they help you.

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### a. Marriage Counselling:

If you are concerned about your relationship and feel as a couple that you are unable to reach a conclusion alone, it is likely that you will benefit from marriage counselling. The Archdiocese has an arrangement with a qualified Catholic marriage counsellor who may be able to help you. For information or advice or to arrange counselling sessions please email in confidence [marriage.counsellor@staned.org.uk](mailto:marriage.counsellor@staned.org.uk) or phone 07511928621 (Please note that counselling fees apply).

### b. Marriage Care

[www.marriagecare.org.uk](http://www.marriagecare.org.uk)

‘All relationships have ups and downs. Sometimes, though, things can get a bit stuck and it’s hard to find a positive solution. That’s when help from a skilled couple relationship counsellor can make all the difference. Whether you are feeling things just aren’t quite right or whether you are encountering serious difficulties, we are here to listen and to support you towards a positive outcome.’

Email: [connect@marriagecare.org.uk](mailto:connect@marriagecare.org.uk)

Appointments Service on 0800 389 3801

Email: [appointments@marriagecare.org.uk](mailto:appointments@marriagecare.org.uk)

### c. Retrouvaille

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

‘The primary goal is to help couples who live in the disappointment and pain of marriage problems’