



If you would like to find out more, or book an appointment, contact us at:

email [counselling@southcheshireclasp.org.uk](mailto:counselling@southcheshireclasp.org.uk)  
tel **01270 250629** (not 24hrs)

Jubilee House, St Paul's Street, Crewe,  
Cheshire CW1 2QA

Counselling sessions are generally available  
Monday to Friday - 9am to 5pm



The service is **FREE**, but as a charity, donations to help towards costs are always welcome

## contact details

### South Cheshire CLASP

Jubilee House, St Paul's Street, Crewe, CW1 2QA

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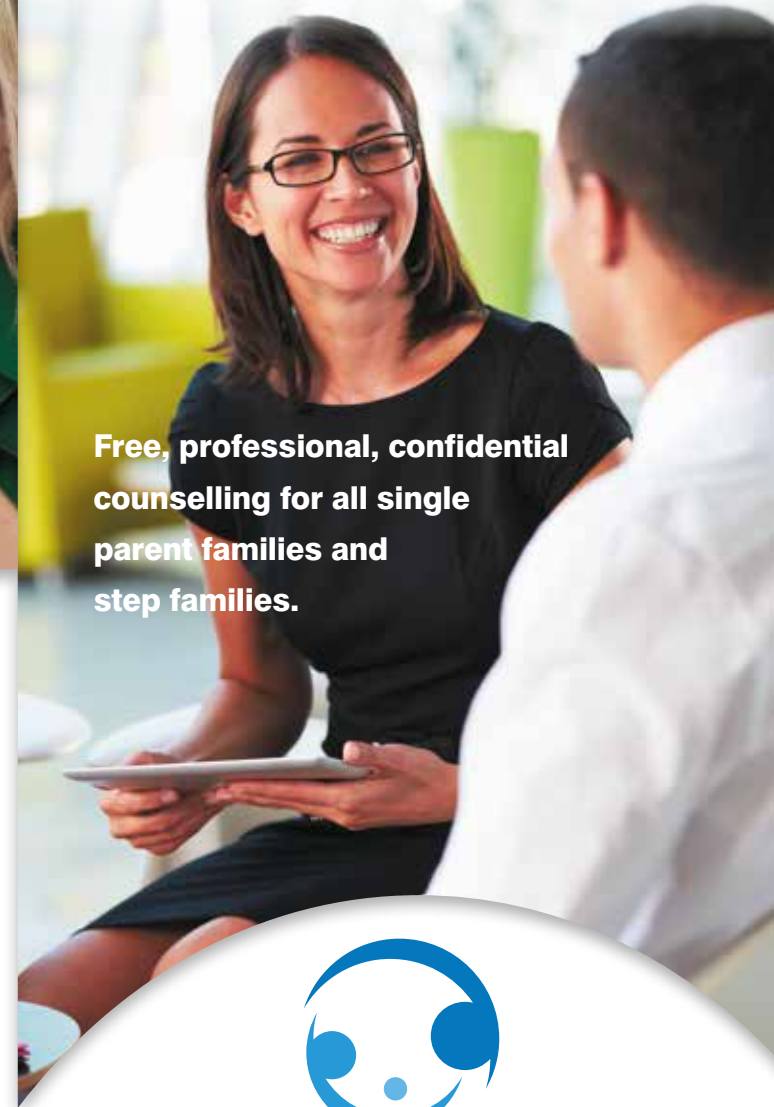
website [www.southcheshireclasp.org.uk](http://www.southcheshireclasp.org.uk)

South Cheshire CLASP is a registered charity no 1093471

Supported by The Big Lottery 'Reaching Communities',  
St Bridget's Trust, BBC Children in Need, Nantwich  
Churchwarden's Merger Charity & Cheshire East Council.



## Adult Counselling Services



**Free, professional, confidential counselling for all single parent families and step families.**



South Cheshire  
**CLASP**



## We will...

- Treat you with respect
- Offer a high quality service with professionally qualified counsellors who are members of, and work to the ethics of, the British Association for Counselling and Psychotherapy.
- Offer counselling to everyone within a lone parent family or step family on a 'one to one' basis, coming to terms with family breakdown, divorce, bereavement or domestic abuse.



### We are able to provide:

- Person centred therapy
- CBT therapy
- Addiction support
- Parent & child counselling
- Spiritual support.



## What our clients say...



*"Thank you so much for having this help available."*

*"I feel that you ground me and give me time to think and explore."*

*"You are the glimmer of hope that keeps me going through the awfulness of my life."*

*"I feel that the counselling has really helped me to move on with my life."*



**Counselling takes place within a safe and trusting relationship between Counsellor and client to help you grow and move forward.**

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

## What is counselling?

- An opportunity to talk with someone in a safe and supportive environment, allowing you to explore areas of your life that you are not happy with.
- Any counselling provided is confidential. This means your information is not shared with anyone else and no-one else will know you are using the service.
- Counsellors are trained to listen to people without judging or criticising them. They do not give advice, but support their clients to make positive decisions for themselves.
- All our counsellors receive regular supervision which is an integral part of good counselling practice and helps monitor counselling practice and skills.

We also work therapeutically with children and young people (please contact us for details)

To speak to a team member in confidence or book a counselling appointment

**helpline 01270 250629**

