

WHAT IS COUNSELLING?

- Counselling provides a safe and confidential space for you to talk about your issues and concerns. Your counsellor will help you to explore your thoughts, feelings and behaviours so you can develop a better understanding of yourself and others.
- Counsellors are trained to actively listen to people without judging or criticising them. They do not give opinions or advice but help you find your own solutions, whether that's making effective changes in your life or finding ways of coping with your problems.
- All our counsellors receive regular supervision which is an integral part of good counselling practice.

We also work therapeutically with children and young people. Please contact us for details.



WHO ARE WE?

South Cheshire CLASP reaches out and supports those in the local community who are affected by the difficulties associated with parenting alone, whatever their circumstances. We offer friendly support and encouragement to assist with the progression from crisis to wholeness and a positive future for the whole family.

TO FIND OUT MORE, PLEASE CONTACT US AS FOLLOWS:



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



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www.southcheshireclasp.org.uk



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ADULT COUNSELLING SERVICE

FREE, PROFESSIONAL,
CONFIDENTIAL COUNSELLING
FOR LONE PARENTS

registered charity no. 1188608

telephone 01270 250629



AT CLASP, WE WILL...

- Treat you with respect
- Offer a high quality service with professionally qualified counsellors who are members of, and adhere to the ethics of, the British Association of Counselling and Psychotherapy
- Offer counselling on a one-to-one basis to all who are eligible and coming to terms with family breakdown, divorce, bereavement and/or domestic abuse

Counselling sessions are usually offered on a weekly basis. Each session runs for 50 minutes and is provided face to face, by telephone or online. Sessions are generally available Monday – Friday, 9am – 5pm.



OUR AREAS OF EXPERTISE INCLUDE:

- Person-centred therapy
- Cognitive behavioural therapy
- Domestic abuse support
- Loss and bereavement support
- Family therapy

CLASP's services are free but as a charity, donations towards costs are always welcome.

PRIVACY NOTICE

CLASP respects individual privacy. Any information will be kept secure and confidential and will not be shared without consent except in the circumstances of legitimate safeguarding concerns.



WHAT OUR CLIENTS SAY...

“I've realised the things which I have and haven't got control over, and I don't worry about those things now.”

“It has been hugely beneficial to have someone to talk to each week who listens and understands without judging me.”

“My anxiety is more manageable.”

“I am very grateful to CLASP for all their help and support as I now feel I can move forward with my life.”

“I am calmer and happier. I've found my feet and feel much better.”

