

## COUNSELLING SERVICE

Counselling can help people to identify problems in their lives. It can allow them to reflect on what is happening to them and consider alternative ways of dealing with things.

- We support children and young people who are experiencing emotional distress
- We offer counselling on a one-to-one basis to children and young people within a lone parent or step family
- Sessions take place within school or in Jubilee House
- Counselling sessions are offered on a weekly basis and last for about 40 minutes
- Referrals can be made by parent, carer, school or other agency

In all cases, it is necessary for the child or young person to know that they are being referred to our service and that they want to come. Counselling can only help if they want to be there.



## 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  
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Crewe, CW2 7DE



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www.southcheshireclasp.org.uk



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COUNSELLING  
AND EMOTIONAL  
SUPPORT FOR  
CHILDREN AND  
YOUNG PEOPLE

registered charity no. 1188608

telephone 01270 250629





## OUR RANGE OF ACTIVITIES INCLUDES:

- Counselling through play for primary school-aged children, 5-11 year olds
- One-to-one counselling sessions for 11-18 year olds
- Family therapy
- One-to-one Primary Plus for 7-11 year olds
- Primary Plus groups in school for 8-11 year olds
- Young people's groups in school for 11-16 year olds
- Mentoring for 11-18 year olds
- Summer holidays activity programme



## GROUP ACTIVITIES FOR CHILDREN AND YOUNG PEOPLE:

- Activities and opportunities to build self-esteem and confidence and the chance to make new friends and have lots of fun
- Provided in a friendly, relaxed environment with qualified, supportive staff, who are DBS checked
- Take place in primary and secondary schools and in Jubilee House

For more information, please call us or have a look at our website, where you will also find a referral form.

South Cheshire CLASP believes that a child or young person should never experience abuse of any kind. We have a responsibility to promote the welfare of all children and young people and to keep them safe. We are committed to practice in a way that protects them.

## 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.

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

## WHAT OUR CHILDREN AND YOUNG PEOPLE SAY...

“ I am able to think more clearly and feel a lot better. ”

“ I am not as angry, and I can control it more. ”

“ My confidence has gone way higher. ”

“ Being in the group has made me less anxious with people. ”

“ I feel more confident to talk about my feelings. ”

