

# Parent

# Counselling



Free and confidential counselling for parents and carers to support and improve mental health and emotional wellbeing.



**Parenting**  
**Project**

# Counselling

Counselling can help with a variety of problems, and when a person has become 'stuck' or troubled with their current situation. Counselling can also help if you have experienced difficulties in your past, growing up or just need a space to talk without judgement.

We offer up to 18 sessions of weekly therapy for parents/carers of children aged 0-19 years (25 years SEND) across Warwickshire.

## How we work

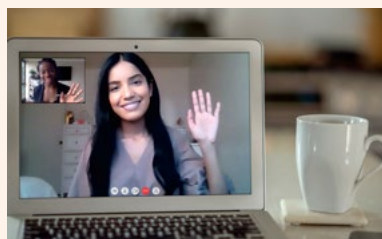
Our counsellors endeavour to promote autonomy by facilitating a trusting therapeutic relationship with clients. This is achieved by remaining non-judgemental, offering empathic understanding and holding the client through their counselling experience.

## Why do we work in this way?

By holding the sentiment 'It is not what is wrong with you, but what has happened to you' at the core of our work, we learn that being 'Trauma informed' in our relationship with clients can facilitate better outcomes and help avoid the stigma which often comes when experiencing mental health problems.

## Will it be confidential?

Everything shared in a session is in confidence. We never share content of your sessions with referrers or other professionals who may be working with you. Exclusions to confidentiality will be discussed in your first session.



## What kind of things can I talk about?

There are many issues/problems which can be talked through in sessions, such as depression and anxiety. Other issues can include (but are not limited to):

- Obsessive behaviour
- Stress/worries
- Family difficulties
- Gender issues
- Bereavement and loss
- Traumatic events
- Physical problems
- Phobias
- Low mood
- Eating problems
- Sexual assault/violence
- Pregnancy/birth issues
- Parenting issues
- Cultural/faith issues
- Self confidence
- Relationship issues
- Self-esteem
- Anger issues



Our sessions are available face to face in some locations across Warwickshire and also by telephone or online via Zoom. Clients would need to be in a private space and any childcare would need to be in place.

Exclusions may apply if you wish to discuss adoption related issues or for those who have an ongoing police investigation or court case. Please get in touch and we will discuss your support options.

To find out more or to self-refer please email us at

[counselling@parentingproject.org.uk](mailto:counselling@parentingproject.org.uk)



**The Parenting Project offers a pathway of support which includes Family Wellbeing Support, Counselling and Parent Mentoring.**

To find out more about any of our services or to sign up to our newsletter, visit our website [parentingproject.org.uk](http://parentingproject.org.uk)

You can also find us on **Facebook** under 'Parenting Project' please 'like' our page to receive regular news and updates.



Our counselling service is a member of the British Association of Counselling and Psychotherapy. Please visit [www.bacp.co.uk](http://www.bacp.co.uk) for additional information.

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