

# COUNSELLING for Parents

*"It was a journey that I wasn't expecting, but I have found myself and where I wanna be. I have learnt it's ok to feel the way I do sometimes."*

Supporting parents who have been in the  
Criminal Justice System and affected by drugs and alcohol



The Parenting Project Counselling Service is a confidential and ethical service delivering counselling across Warwickshire.

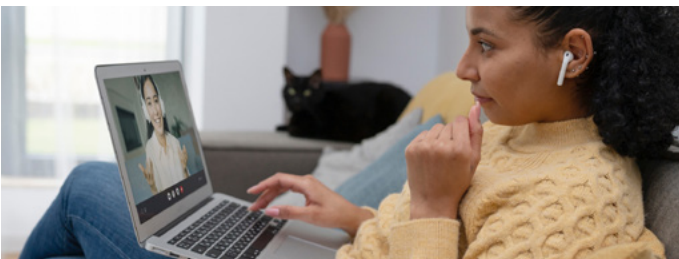
This project is designed for parents of children aged 0-19 who have been involved in the criminal justice system and are navigating difficulties with alcohol, drugs or other substances.

Our aim is to support lasting change by improving mental health and wellbeing, breaking patterns of addiction and reoffending, and helping parents reclaim a sense of control over their lives.

Following an initial telephone assessment, we offer up to 18 weeks of free trauma informed counselling. Sessions are 1:1 via telephone or video and take place Monday-Thursday during the day.

## How counselling can help:

- **Improve feelings of self-worth and belief**
- **Increase awareness of behaviours in yourself and others**
- **Build confidence in handling life's challenges**
- **Understand, develop and maintain relationships**



To make a referral through this project, contact us at **[counselling@parentingproject.org.uk](mailto:counselling@parentingproject.org.uk)**

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



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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