

Child and Family Counselling Services

Parents are now able to access direct support for their child by referring them into the safe hands of our Child and Family Counselling Services (CFCFS). We have a team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists available within the counselling team who work in our specially adapted therapy rooms.



We offer support to children, young people and parents through talking, play and art therapy.

CFCFS provides therapy to children, young people and families. We support many different issues such as:

- Self-harm
- Identity
- Anxiety
- Bullying
- Bereavement
- Parental separation and family issues or conflict.

The pathway is overseen by our Head of Child and Family Counselling Services, who is supported by a team that are both passionate about and dedicated to the wellbeing of children and young people. The team has achieved very positive and reparative outcomes for children and families.

What can you expect?

After an initial contact, we will arrange an assessment to explore the issues your child may be experiencing and will then identify which model best supports the difficulty your child may be facing.

Who do you contact?

If you are worried about your child and would like to talk to us further, please either email Catherine cmunns@bccs.org.uk or call on 07792 732206 and we will be pleased to help.

Take a moment to read about the experience a parent shared with us:

*I had contacted a number of professional services to assist me in helping my daughter. At the suggestion of my daughter's school a referral was made to **BCCS** and it was then that I met one of their counsellors. After months of unanswered questions and "hitting brick walls" I finally had answers, structure and a profound understanding of how a small little girl's mind works.*

*For me, there has been nothing so worrying as watching your child struggle and the **BCCS** counsellor's help has enabled me to help her for which I will be forever grateful.*



www.bccs.org.uk



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Brentwood Catholic Children's Society - Registered Charity Number: 1000661



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a children's charity for
Essex and East London