



**Person-Centred Counselling for Children & Young
People with SEND & their Families**

WE offer one-to-one, non-judgemental, person-centred counselling to children & young people with SEND and their families, to enable them to cope more effectively and improve their mental health and well-being.

Counselling offers a safe, empathic place to explore thoughts and feelings, for children & young people through play and creative activities. For adults through a person-centred approach, working with the individual's needs therapeutically to bring about change and empowerment.