

Counselling for Parents

A new low-cost service from YPI Counselling in Basingstoke



Service Overview – What is Parent Counselling?

With over 15 years experience of supporting young people, time and time again we see the huge impact on parents when difficulties arise; either as a result of what your son or daughter are experiencing or as a result of challenges in your own life. We understand that being a parent can be one of the hardest jobs in the world at times - our counselling for parents services gives you the time and space to feel emotionally supported when you need it most.



How can I access the service?

If you would like to attend counselling you can access our service directly yourself, or with help from someone if you prefer, by downloading, completing, and returning back to us the referral form on our website - we can email or post the form to you if you'd prefer.



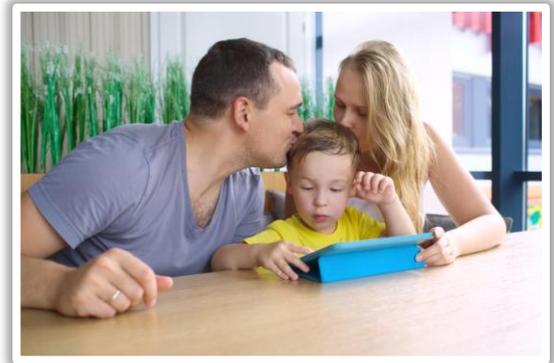


How much does it cost?

As a charity we rely heavily upon donations and charitable giving to survive. We never want money to be a barrier to accessing support and therefore request a donation of between £10-£30 per session depending upon your household income.

How long do sessions last?

Sessions take place each week at the same time and day with the same counsellor for as long as you need, initially starting with 6 sessions. Each session lasts for 50 minutes.



What can I get help with?

Our Counsellors work with a wide range of general well-being concerns you may face as a parent, ranging from depression and anxiety to low self-esteem, confidence, angry behaviour and family or relationship challenges. During the initial appointment with us we will explore with you the best options for support and if we are the right service to help.

How can I find out more?

If you have any questions, would like to find out more about our counselling services or would like to make an appointment, you can contact us in using our contact details listed below:

Email Us: office@ypicounselling.co.uk

Call Us: 01256-423-878

Our Website: www.ypicounselling.co.uk

Write to Us: The Orchard
White Hart Lane
Basingstoke RG21 4AF

