

Member Organisations at the City Counselling Centre

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| MK Bereavement Service | 231292 |
| BalencED-Eating Disorder Counselling | 231131 |
| Carers Milton Keynes | 231703 |
| Mk Family Mediation Service | 231293 |
| Farthing House Counselling Centre | 667055 |
| Lesbian and Gay Link | 0800 5872246 |
| Marriage Care | 696677 |
| Obsessive Compulsive Disorder Group | 231131 |
| Octagon Counsellors | 696677 |
| Phoenix Counsellors | 200443 |
| Relate | 310010 |
| Victim Support | 607989 |
| MK Women's Aid | 271900 |
| Youth Information Service | 604700 |

Each of these organisations have their own management committees with their own codes of practice and confidentiality standards.

Some have their offices at the City Counselling Centre, and others use our premises on a sessional Basis

If you wish to know more about their work, you may contact them on their direct numbers

Supported by



City Counselling Centre
320 Saxon Gate West, Central Milton Keynes
MK9 2ES
Tel: 01908 231131
Email: ccc.carers@btconnect.com
Web: citycounsellingcentre.org.uk

CCC Logo designed by Springetts.

Contact Number 020 7486 7527



BACP ACCREDITED CENTRE

Counselling For Carers



**Opening times at the
Counselling Centre**

**Monday – Thursday
9.30am– 9.30pm
Friday
9.30 – 4.00pm**

Telephone 01908 231131

Milton Keynes City Counselling Centre
Registered in England 05049781
Registered Charity No. 1104017

Counselling

People sometimes feel unable to cope with aspects of their past and present life. They could have worries about the future and need to talk to someone to explore their thoughts and feelings in a confidential setting.

Counselling is a process over a period of time, by which a person sometimes can discover their own answers and feel more comfortable with their life and relationships.

Counselling for Carers

Referral to this service can be either the carer themselves, or a key professional.. Initial appointments are made by contacting the Carers Counselling Project Co-ordinator at the City Counselling Centre on.
Tel: 01908 231131

Carers are entitled to 10 sessions of counselling in order to support them in their caring role. The first session will be to explore your specific needs and if appropriate you will be offered a further 9 sessions with one of our team of counsellors

The Counsellors at the City Counselling Centre will help with the following difficulties:

Relationships with partners and family members

Developing coping strategies

Assertiveness

Stress Management

Bereavement/Loss

Life Changes

Moving On

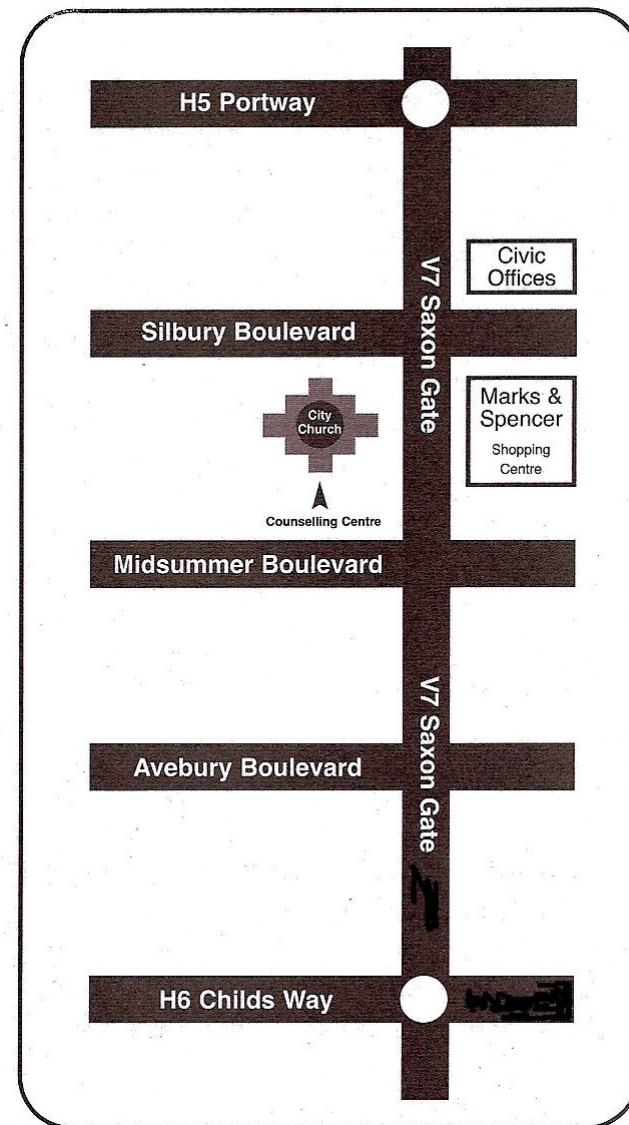
Confidentiality

All that takes place within the counselling relationship is confidential. Only when the client or another person is at serious risk would the counsellor, with the clients full knowledge, refer the matter to another agency.

A minimum of personal information is requested from clients. This is kept securely and is used to compile anonymous statistics. This enables the CCC to support their bids for funding and show that the service is being widely used by the caring community.

Funding

The City Counselling Centre is a registered charity. Counselling for Carers is specifically financed by



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