

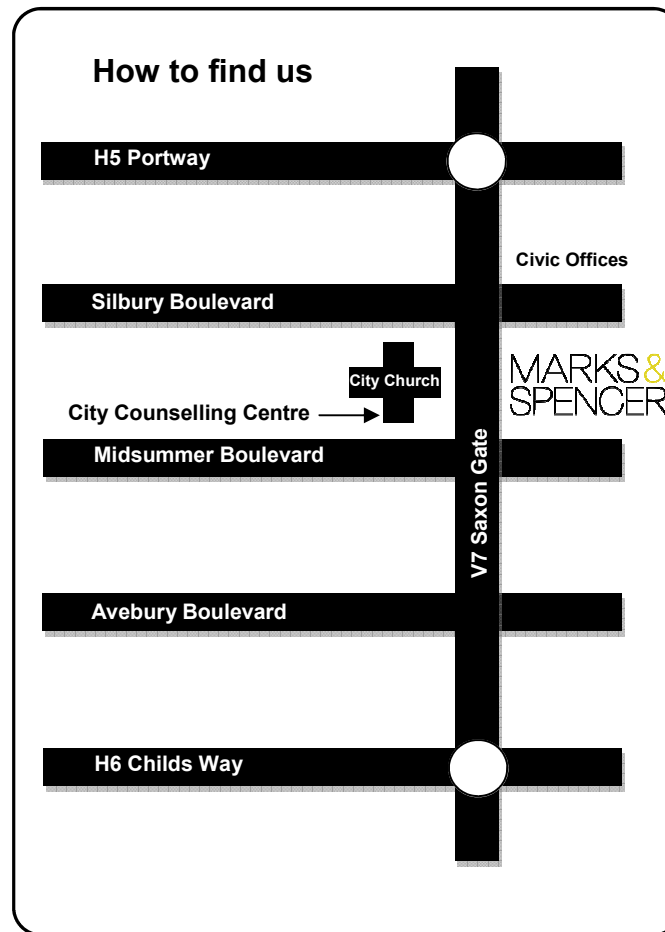
Member Organisations of the City Counselling Centre

MK Bereavement Service	01908 231292
BalancED MK (Eating Disorders Service)	01908 231131
Carers MK	01908 231703
MK Family Mediation Service	01908 231293
Marriage Care	0800 389 3801
MK-ACT	08443 754307
Miscarriage Support Group	01908 231131
N.Y.A.S. (National Youth Advocacy Service)	01908 241931
OCD Support Group	01908 231131
Octagon Counsellors	01908 696677
Phoenix Counselling	01908 200443
Samaritans MK	08457 909090

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.



City Counselling Centre
320 Saxon Gate West,
Central Milton Keynes,
MK9 2ES
Tel: 01908 231131

Email: ccc.h4@btconnect.com (H4 service)
Email: cccmk@btinternet.com (Other enquiries)

Web: www.citycounsellingcentre.org.uk

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



H4 Counselling Service



Counselling Centre Times of Opening

Monday – Thursday 9.00am – 9.30pm
Friday 9.00am – 4.30pm

Telephone 01908 231131

Counselling

People sometimes feel unable to cope with aspects of their life such as memories from the past, painful events in the present or worries about the future. They may feel the 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 can sometimes discover their own answers and feel comfortable with their life and their relationships.

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 client's full knowledge, refer the matter to another agency.

A minimum of personal information is requested from clients, which is subject to the Data Protection and Freedom of Information Acts and is kept securely and only used to compile anonymous statistics. This enables the **CCC** to support its bids for funding and show that the service is being widely used by the caring community.



HIV Counselling Service

Referral to H4 can be made either by self-referral, or by a key professional. To make an initial appointment please contact the H4 Counselling Project Coordinator based at the City Counselling Centre.
Tel: 01908 231131

Clients are entitled to up to 10 sessions of counselling in order to help and support them work through any issues that have arisen following their HIV diagnosis. 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
- Stress / Anxiety
- Depression
- Self-Esteem
- Loss
- Life Change
- Moving On

Funding

The City Counselling Centre is a registered charity. We receive some funding from Milton Keynes Council, Charitable Trusts and donations. Milton Keynes Council funds the H4 Counselling Service.

HIV Information/Resources

Nam

(provide numerous information booklets/factsheets)
Lincoln House
1 Brixton Road
London
SW9 6DE
Tel: 02078400050
Email: info@nam.org.uk
Website: www.aidsmap.com

Terence Higgins Trust

Tel: 08451221200 – helpline
www.tht.org.uk

City Counselling Centre
320 Saxon Gate West
Central Milton Keynes
MK9 2ES
Tel: 01908 231131

Web: www.citycounsellingcentremk.org.uk

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