

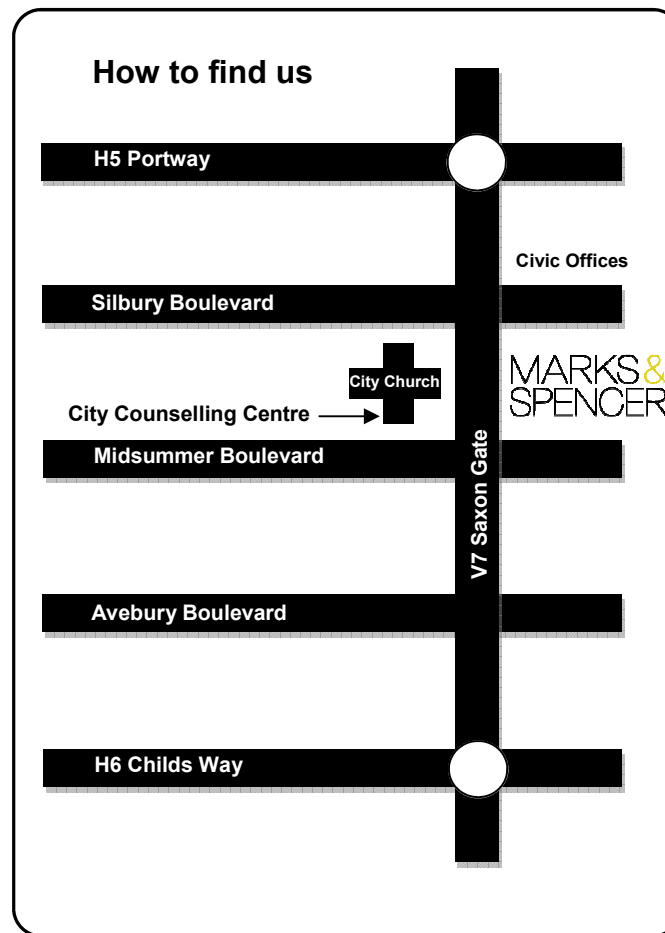
## Member Organisations of the City Counselling Centre

MK Bereavement Service	01908 231292
BalancED MK (Eating Disorders Service)	01908 231131
Carers MK	01908 231703
MK Family Mediation Service	01908 231293
FreshStart	01908 295739
Marriage Care	0800 389 3801
MK-ACT	08443 754307
Miscarriage Support Group	01908 231131
OCD Support Group	01908 231131
Octagon Counsellors	01908 696677
Phoenix Counselling	07766 038711
Samaritans MK	08457 909090
Victim Support	0845 450 3883
YIS (Youth Information Service)	01908 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.



City Counselling Centre  
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Central Milton Keynes,  
MK9 2ES

Tel: 01908 231131

Email: [cccmk@btinternet.com](mailto:cccmk@btinternet.com)

Web: [www.citycounsellingcentre.org.uk](http://www.citycounsellingcentre.org.uk)

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



## The "Drop-In" Counselling Service



**Tuesdays 1.00—2.30pm**  
**Tuesdays 5.00—6.30 pm**  
**Fridays 9.30—11.00 am**



'BACP' is the registered Trade Mark of the British Association for Counselling and Psychotherapy

## The Drop-In Service

The aim of the Drop-in session is to give people a brief introduction to counselling, to see if individual ongoing counselling might help.

Sometimes another way forward may seem more appropriate. The Drop-in counsellors are aware of the many different support agencies within the area and may suggest you contact one of these for more specialised support. These may be member organisations at the CCC or be based elsewhere.

- **Appointments are not needed; people are seen individually in “queue order”.**
- **The session lasts for about half an hour to forty minutes.**

The service is provided by a team of qualified counsellors, who volunteer their time and work within the British Association for Counselling and Psychotherapy Ethical Framework.

## How much does it cost?

The counsellors give their time voluntarily. However, there are still costs associated with the service.

**City Counselling Centre (CCC)** is a registered charity and depends entirely for its funding on grants and donations. **We do therefore have to make a minimum charge of £5.00.** There is a box for your contribution toward this service in the CCC reception. In the case of difficulty please discuss this with your counsellor.

## Why 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 within the Drop-in. 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 community.



## Additional Services at CCC

### Rape and Sexual Assault Counselling Service (SASS)

Information, advice, support and counselling for men and women who have experienced rape, sexual assault or childhood sexual abuse.

### Counselling for Carers

Support to carers in their caring role.

## Funding

The City Counselling Centre is a registered charity. We receive some funding from Milton Keynes Council, Charitable Trusts and donations. If you wish to make a donation please consider “Just Text Giving”.

