

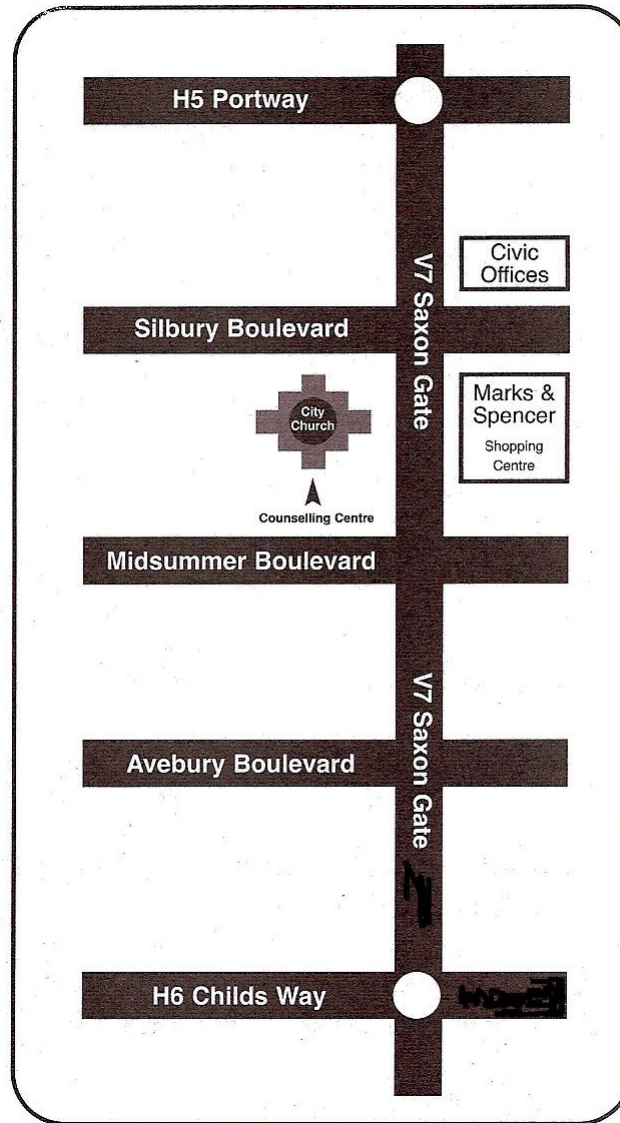
Member Organisations at the City Counselling Centre

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



City Counselling Centre
320 Saxon Gate West, Central Milton Keynes
MK9 2ES

Tel: 01908 231131

Email: ccmk@btconnect.com

Web: citycounsellingcentre.org.uk

CCC Logo designed by Springetts.

Contact Number 020 7486 7527



BACP ACCREDITED CENTRE

The "Drop-in" Counselling Service



**Opening times for
Drop-In Counselling**

Tuesdays 1.00-2.30 pm

Tuesdays 5.00-6.30 pm

Fridays 9.30-11.00 am

Telephone 01908 231131

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

Counselling Sessions

Appointments are not needed, people are seen in turn as they arrive. The service is provided by a team of qualified counsellors, who volunteer their time.

Why 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.

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 supportive agencies within our area and may suggest you contact one of our member organisations or other CCC services which specialise in particular areas of counselling.

The session lasts for about half an hour to forty minutes. There are two counsellors available on each of the day's drop-in times.

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 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.

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.

Additional Services at CCC

MK Sexual Assault Support Service

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

Counselling for Carers

Referral to this service can be either the carer themselves, or the key professional and can help with the following difficulties

Relationships with partners and family members

Developing coping strategies

Assertiveness

Stress Management

Bereavement and Loss

Life Changes

Moving On

Please ring the centre for information on new services

Funding

The city counselling centre is a registered charity, we receive some funding from Milton Keynes Council and Charitable Trusts.

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