



# THERAPEUTIC SUPPORT

for children,  
young people and families.



YOU ARE INTERESTED IN ATTENDING OR WOULD LIKE MORE INFORMATION please contact us directly for dates, venues and costs.

**Parenting support services**

- Workshops on anxiety, anger, trauma and relaxation.
- Non-violent resistance therapy for parents
- Attachment based parenting
- LAYERS - learning about your emotions, relationships and self, a creative therapy based programme for parents.
- Discovering self - a creative based course around confidence and self esteem for parents.
- Art of relationships - a programme for couples.
- For more information about a specific services please visit our website.

**Therapeutic play**  
*Ask us about Bursary Funding.*

- We help children effected by different environmental issues including dealing with family separation, drug and alcohol addictions in the family, bereavement, diagnosis of physical and / or mental disabilities, bullying, low self esteem, anger issues and / or family breakdowns.
- Play therapy is about creating a safe space for children to explore and express their feelings at their pace.
- We can see children in school and also offer after school sessions.

**Systemic Family therapy**  
*Ask us about Bursary Funding.*

- Family life can be challenging and dealing with each others emotions and reactions to different life events can cause conflict and issues within the family.
- The support we offer families can help them find restoration and deeper understanding of each others needs.
- We provide a safe space for families to share thoughts and feelings openly, aiming to work through conflict and find solutions which work for the whole family.

**SESSIONS**

- Offering therapeutic support to children, young people and families including play therapy, systemic family sessions and family support.
- We are a Christian Charity working with families within the Berkshire area.
- Our aim is to reach out to people and show them that they matter - **that everyone matters.**
- By offering a holistic approach through our therapeutic service we hope to build stronger families.
- Alongside the play therapy and therapeutic work with children in schools we offer emotional support to parents and carers. This is through 1-1 and/or group sessions.
- Trained workers and volunteers come alongside parents and carers within their homes or at pre-arranged location.
- Parenting can be tough, so this is about the emotional needs of parents, giving them time and space to be heard.

