

How we can help

- Play Therapy for children aged 3-12 years old
- Counselling for children and young people
- Counselling for adults
- Family therapy
- Parent support
- Volunteer Placements – please get in touch for further info on opportunities available.



Contact us



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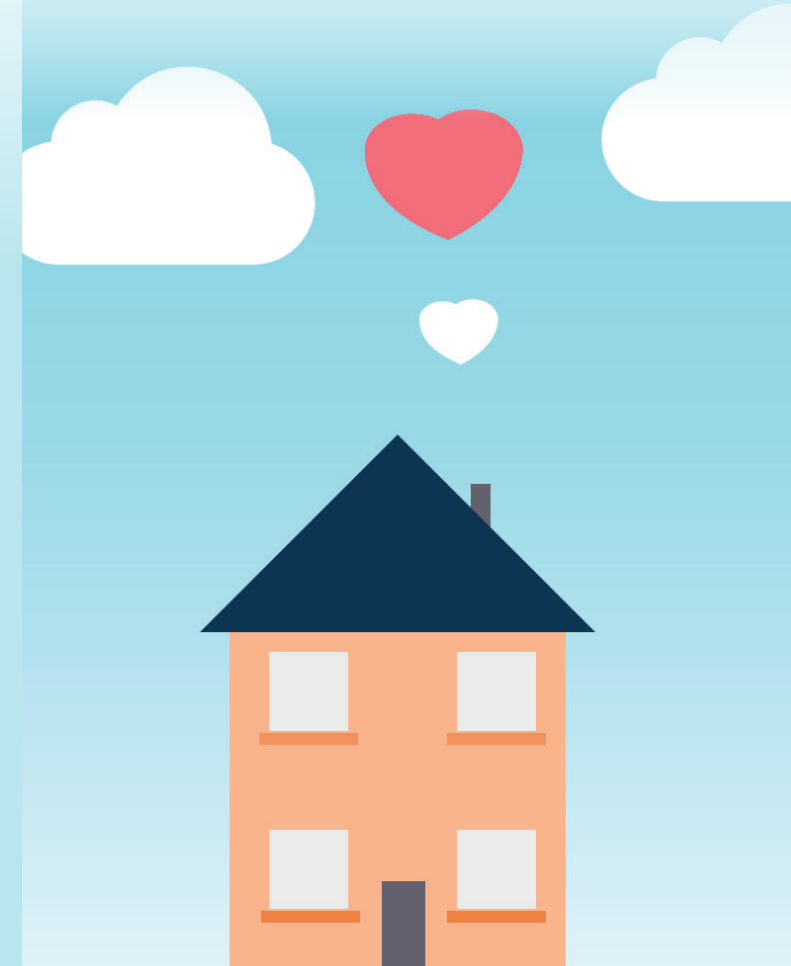
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www.familyandtherapy.co.uk



Therapy, wellbeing and emotional support for families, children, young people and adults



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About us

We are a small team of therapists passionately committed to providing support for children, young people and their families. We have a wealth of skills, experience and knowledge in various counselling styles and with all ages. Whenever possible we also connect with other support services in the community. We are a 'not-for-profit' Community Interest Company (CIC), created to serve the mental health needs of the community with a strong focus on families and strengthening relationships. We have been very fortunate to have been able to alleviate the distress of so many children young people and adults through our work so far, and are immensely excited about this new venture. We hope you will join us on our journey together.

Our aims

The Family and Therapy Place provides children, young people and adults with a safe, accepting and understanding space to explore their inner world and their experiences. Our team are dedicated to nurturing confidence and emotional resilience. We provide a range of support, including play therapy and counselling for all those experiencing emotional distress and mental health challenges.

Main Aims

1. To provide a place where children, young people and adults can access the professional support they need in order to take better emotional care of themselves and their families.
2. To provide supportive environments for parents to come together, learn and talk about really difficult and emotive subjects around parenting and the impact of their childhoods.
3. To provide a central service that all professionals connected with this shared aim can access, and contribute skills.
4. To provide a creative space for families to come together to play, create and find joy together whilst being supported and taught skills in child led play and special time.

What others have said about our work:

"Thank you so much.

You have taught me so much and I feel like a whole new person, I've been able to stop washing my hands obsessively, and overcome the other rituals. All because of the way I am thinking differently. I would not have done this without you."

(13 year old boy with OCD)

"A million thanks for the work you have done and the strategies you have helped me learn. Being to talk to you was amazing, and a real pleasure to have worked with you."

(17 year old female)

"I love going the room because we get to play and my play therapist is kind. She helps me when I am worried."

(Child aged 6)

"The journey that my daughter has been on has been incredible, she has changed and developed so many new skill that help her to manage her emotions much more calmly. I genuinely feel that play therapy has saved my little girl. The play therapist is not only patient and gentle with my daughter but also so supportive to me and the rest of the family. And the best thing about it, my daughter just thinks she is playing! I would definitely recommend this programme to anyone looking for emotional and/or behavioural support for their child."

(Mum of child aged 6)

