



Group Counselling

Bognor Regis

Do you feel overwhelmed by your responsibilities as a carer?

Do you suffer from anxiety, stress or depression?

Would you benefit from counselling and the support of other parent-carers?

To support parent-carers with these challenges we are developing a new group counselling project for parents based in Bognor Regis and Crawley. The six-week group sessions will provide parents with a safe and supportive environment in which to explore themes crucial to emotional health & wellbeing, including:

- Coping strategies
- Managing anxiety & depression
- Mindfulness
- Positive thinking & relaxation
- Active listening
- Problem solving
- Self-care

The groups will combine professional support alongside learning and support from other parent-carers with similar life experiences and challenges. The project is being led by Esther Hunt, a highly experienced counsellor, psychotherapist & clinical supervisor, accredited with the British Association of Counselling & Psychotherapy, a university lecturer on resilience and all importantly, a parent-carer.

The project will launch in Bognor in April and the Crawley group will start in September.

- Venue:** Studio 3 The Regis Centre, Bognor Regis PO21 1BL
- Time:** Wednesdays 7.30pm – 9pm
- Dates:** Commencing 29th April for six weeks (excluding 27th May half-term)
- Cost:** £45 (£30 for parents who are on work related benefits)*

To book your place on the Bognor group please visit reachingfamilies.org.uk/counselling and follow the link to Eventbrite. If you have any queries please email: admin@reachingfamilies.org.uk or call our office on 01903 366360.

**If the cost of attending is a barrier to you, please do contact us to see if we can work out a solution.*