

The 4Cs

Counselling

for the whole

community

* * * * *

also at

Fair Havens

8 Wellington Esplanade

Lowestoft

Tel: (01502) 574927

Wymondham Baptist Church

Queen Street

Wymondham

Tel: (01953) 600224

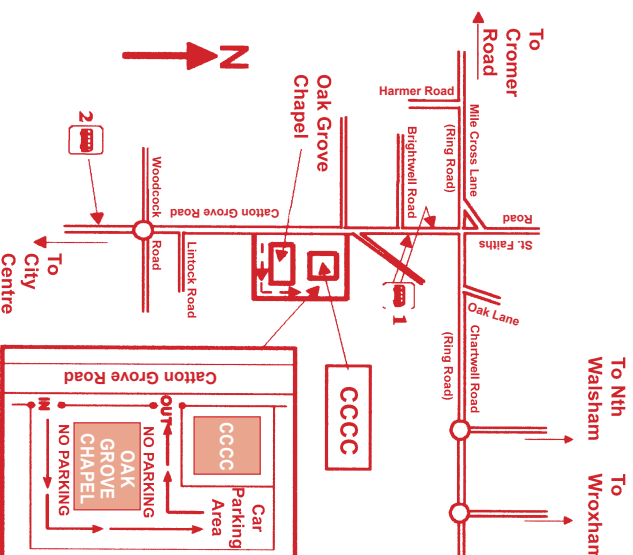
Church Annex

Norwich Street

Dereham

Tel: (01362) 851101

70 Catton Grove Road Norwich NR3 3NT



Bus Stops

1. Crown and Magpie
 2. Woodgrove Parade
- Contact the Centre for details of buses

4Cs Counselling Centre

Registered Charity No. 1074818



Tel: 01603 427777

Fax:

01603 404485

Email:

counselling@cccc-norwich.freemove.co.uk

Web:

www.4cscounselling.co.uk

About us

The Children, Young People and Families counselling service is a part of the 4Cs Counselling Centre. The centre was established in 1990 and is staffed by trained and supervised male and female counsellors. All the counsellors are christian and work for the centre on a voluntary basis.

We abide by the Code of Ethics and Practice of the Association of Christian Counsellors.

The Children, Young People and Families counselling service is available to anyone in need, whether Christian or not, and we will not talk about our faith unless you ask.

In addition to their normal training, each of the counsellors has also received training in working with children and young people, and in child protection issues.

About counselling



Firstly counselling is not about giving advice and does not necessarily provide quick and easy answers. It may end after a few sessions (sometimes one session is enough), or it may take several months.

You can also decide to stop for a while and then start again later. Counselling is based on listening and helping you to make sense of the problems which seem unbearable. It is the process of helping you to separate the strands, to see clearly where you can take action for change and when you have to accept that some things remain difficult. Most of all, perhaps, counselling provides the time for you to explore your feelings and concentrate



on your needs. You will begin with a short interview to assess the situation, and you will be offered a choice of male or female counsellor.

The regular sessions are normally weekly, but this can be changed if necessary to suit you.

Counselling can help both sexes in a wide variety of difficult life situations when you find that you are not able to cope on your own. Some examples are:

- ☹️ **Mixed up feelings**
- ☹️ **Worries and fears**
- ☹️ **School problems**
- ☹️ **Bullying**
- ☹️ **Anger**
- ☹️ **Hurting ourselves or others**
- ☹️ **Eating problems**
- ☹️ **Problems with sex**
- ☹️ **Drinking**
- ☹️ **Drugs**
- ☹️ **Stealing**
- ☹️ **Somebody dying**
- ☹️ **Family difficulties**
- ☹️ **Times of loss.**
- ☹️ **Emotional, physical or sexual abuse**



These are only examples of situations that can and have been helped through counselling, and whether it seems to you an insurmountable problem, or to be relatively small compared to those of other people, we are willing to give you the time you need to help you move on in your life. All that is required from you is the desire to find that way forward.

Cost

The service we offer is free, however, we estimate that a counselling session costs us £15. We therefore ask each client for a donation towards their counselling if possible.



Below are suggested levels of donation.

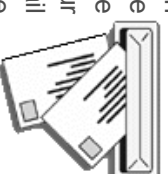
- 1. For those on benefit or out of work- £1 to £5 per session.**
- 2. For those on low wages - £5 to £10 per session**
- 3. Normal donation - £15 (or an hours pay for an hours counselling if it is more than £15).**

However, no one will be denied through lack of money.

Contacting us



You can contact us by phone, letter or email. When not answered personally, the phone is connected to an answerphone to enable you to leave your name and phone number. Our phone number and email address are on the front of the leaflet, together with our web site address. Our postal address is on the back. We will contact you as soon as possible to arrange a short initial interview.



Confidentiality

We offer a completely confidential service in most situations. The small number of occasions when it might be necessary to share information with others is explained at the initial interview.