

Other Services...

- **Parenting Courses**
- **One to One Parenting Support**
- **Parent Advocacy Support Group**
- **Childcare including Free Preschool Year schemes (ECCE)**
- **Literacy Support Programme**
- **Art Therapy**
- **Summer Camps**
- **Laugh 'N Craft Group**
- **Women's Shed**
- **Community Garden**
- **Information & Advice**
- **Meeting & Training Room Hire**

Other Group Supports including

- **GROW**
- **AI ANON**
- **A.A.**
- **G.A.**



Client Testimonials

"My counsellor was wonderful. She was very committed to her work. She has given me the confidence and coping skills I needed to get through each day. She is an amazing person who helped me through very dark days."

"The counselling I received over the phone during the Covid-19 lockdown was of immense benefit to me. It was supportive, reassuring and in difficult times it was good to talk."

"A compassionate positive listener who responded with calmness and feeling, it helps hugely to lift the load. I am most grateful and appreciative of the time and effort put in by my counsellor and also the willingness of administration to facilitate with times and dates. A Big thank You!"

"The counselling provided by Le Chéile has been a tremendous help in dealing with my depression, panic attacks and anxiety. In my complex situation my counsellor found the ways and methods to guide me and encourage me through these difficult times. I would highly recommend Le Chéile as a very gifted professional service."



COUNSELLING SERVICE

Information Leaflet



- Low Cost**
- Confidential**
- Professional**
- Children Over 12**
- Students**
- Adults**

**Le Chéile Family Resource Centre
Mallow Community Campus
Fair Street
Mallow
Co. Cork**

**Tel: 087 373 5000 / 022 424 39
counselling@lecheilefrc.ie**

f Le Chéile Family Resource Centre

Referral To Counselling

Our Counselling Service is accessible to all from age 12 upwards.

For all information regarding appointments

Simply call us on 087 3735000 or 022 42439

We accept referrals from GP's, Hospitals, Schools, Colleges, Community Services and Organisations as well as directly from individuals.

How Counselling Can Help

There are times in peoples lives when counselling may be helpful, including times of distress, of major change, of loss or times when self esteem and confidence are low.

Counselling is a way of supporting people to deal with concerns and feelings and to adjust to life's challenges in a safe and confidential setting.

Le Chéile FRC Counselling service provides counselling sessions where the Counsellor will listen non-judgementally and support you to recognise your own strengths and to build on them.

Your Attendance

As our service is in high demand it is essential that you can commit to attending your pre-arranged appointments. Counselling appointments are pre-paid. At your first session your Counsellor will outline our attendance and cancellation policy in detail and you will be given a copy for your own information.

Please note it is not suitable to bring children with you to counselling sessions.

Fees

We offer a low cost scale of fees for our Counselling Service

Price on Application

Children Under 18:

Consent required by both Parents/Guardians, unless sole guardianship applies. Copy of sole guardianship paperwork required.

Parents must stay on the premises for the duration of each session.



Confidentiality

All information regarding counselling is confidential between the counsellor and the client, no information will be released unless you are consulted, have read and signed a disclosure form and the disclosure is to aid progress in therapy.

Counsellors do not submit reports to legal bodies, prepare clients for court or represent them in court (unless subpoenaed).

Detailed notes of sessions are not kept. Demographic information is kept for record purposes. All information is kept in a secure on-site location.

Limits To Confidentiality—

1. If the counsellor believes that you or someone else is in serious danger they must share this information with the Gardaí or TUSLA.
2. If issues concerning child protection are disclosed.

If you meet your counsellor outside the centre it will be dealt with sensitively.

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