



## Family Management

*The family is the most important structure that we will have in our lives. Building loving, lasting relationships is the most important job you'll ever have. When you make this your priority, other things seem to fall into place.*

The ultimate business of family life is creating an environment in which human beings love one another so they can grow and flourish.

**A successful family doesn't just happen.** It results from a passionate commitment to shared values and from family members who invest their love, time and energy into helping each other.

It's never too late to begin making changes. The end goal of Family Management is to make sure you have time for the things that matter most using an honest and direct approach that all need to be engaged in.

Working with the **About You** Family Management Team you will learn and discover strategies for your day to day family life, making the best of your time and able to deal with situations as they arise in an appropriate manner.

*Get in touch today and see how we can help you*



### Contact Us

Call one of our team:

**0333 358 0343**

Send us an email:

**family@AboutYouUK.com**

or visit our website:

**www.AboutYouUK.com**

Children & Family Therapy is available at the following centres:

★ **St Helens Counselling & Training Centre**

63 Park Road, St. Helens, WAg 1DS

★ **Southport Counselling Centre**

419 Lord Street, Southport, PRg 0AG

**We can also bring our therapy to you, so please contact Head Office in the first instance.**



**About You<sup>UK</sup>**  
COUNSELLING SERVICES

About You UK is a national charitable organisation that provides counselling and accredited counselling training. Registered Charity No:1016105



**About You<sup>UK</sup>**

CHILDREN & FAMILY



**Counselling for children, young people aged 5 to 16 and their families.**

**www.AboutYouUK.com**



## Counselling Services for Children & Families

About You offers therapy for children aged 5 to 16, as well as Family Management. Our services are provided by qualified counsellors who have additional specialist training in working with children and families. Each counsellor is Police checked (DBS).

**About You** Counselling Services use Clinical Governance to assess emotional issues before, during and at the end of therapy.

Our aim is to help all those who need it. **About You UK** is a charitable organisation and works on a donation basis for each session. These vital contributions help us to continue our work.



**About You** <sup>UK</sup>  
CHILDREN & FAMILY

## What can you help children with?

Our counsellors can help children, young people and families deal with a range of issues, including:

- ☒ Anger
- ☒ Anxiety
- ☒ Bereavement
- ☒ Bullying/being bullied
- ☒ Communication difficulties
- ☒ Identity
- ☒ Loss
- ☒ Low confidence
- ☒ Mild depression
- ☒ Panic
- ☒ Poor self-esteem
- ☒ Socialising issues
- ☒ Trauma

## Who can refer a child?

- **Parents/Guardians**
- **Professionals: such as Doctors, Nurses, Social Workers, and Teachers** (with parent's consent)

To make a telephone referral,  
call us on 0333 358 0343

## Once referred - what then?

The child is invited with their parent/guardian to an initial session. Once the counselling agreement is in place the parent leaves the room and returns at the end of the session to collect the child.



## What does therapy involve?

The therapy room is full of toys and other objects. Children play with the purpose to resolve their difficulties, with the counsellor's support. Older children may prefer to talk for some or all of the time.

A session lasts from 30 to 50 minutes, depending on the child's age and attention span. Response time in therapy varies from person to person. Counselling is offered in blocks of 8 sessions. This helps to maintain the integrity of the service provided.

