

## Where and when will sessions take place?

At the moment we are offering sessions via video call or a limited number of sessions in person in our Dudley building which is located in Dudley Town Centre (please see the map on the back).

We also have a counsellor working in a number of Primary Schools in Dudley for the B2A side of the project.

Appointments where possible will reflect the pressures of family life and we appreciate the need to provide flexible times.

## How can I contact the team?

For any questions please contact  
**The What? Centre** on **01384 379992**,

call **Emma** on **07708 624033** or  
you can email the family team:  
**together.whatcentre@gmail.com**

# What?

The What? Centre Ltd

# together



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Please scan the QR code

T. 01384 379 992

E. [together.whatcentre@gmail.com](mailto:together.whatcentre@gmail.com)

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31 Priory Street, Dudley, DY1 1HA

# What?

The What? Centre Ltd



 **COMMUNITY FUND**

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## The Lottery Community Fund Families Project

Family counselling and support groups to bring families together and improve family life.





## What is family counselling?

Family counselling is a way of working with families that supports them to understand and deal more effectively with any difficulties that individual family members are experiencing.

We often hear from young people that their relationships are suffering. They tell us that family members do not always understand what impact their mental health is having on them, and that families underestimate the struggles their young people experience.

On the other hand, we also often hear from parents and carers about their desire for their child or young person to talk to them more. Parents and carers tell us that at times, they feel helpless and although they want the best for their child or young person sometimes they do not know what to do.

We are offering family counselling sessions and support & information groups to work together with families in need. Aiming to improve all aspects of family life.

## Is family counselling for us?

Are you worried that your child or young person may be suffering from depression or anxiety?

Are they having trouble with their education?

Has there been domestic violence or abuse that has affected the family?

Maybe your child has self-harmed in the past and you are concerned and seeking advice on how best to support them.

The new family counselling service offers an open, non-judgemental space to talk about these difficulties, and offers the opportunity for families to openly talk about worries and concerns and how these can affect all aspects of life and relationships.

We will also be running family support groups covering topics that will support families to work through the current challenges they are facing. Our regular support groups will be advertised through our social media channels – please give us a follow!

## Who will be in the session?

It is helpful if everyone in the family home could attend the first appointment with the family counsellor to help us to hear everyone's point of view and agree on how best to arrange future appointments. We believe that you should decide who you feel most comfortable with and what is going to be most supportive to yourselves.

## What happens in the family counselling sessions?

All family members are encouraged to speak and are listened to. This can help develop mutual understanding and allow all points of view to be shared. The family's own strengths and skills are recognised, enabling these skills to be valued and built upon.

The length of the appointments is usually 50 or 80 minutes (depending on who is in the session). The number of sessions varies but we can offer up to 18 sessions.

At times, the child or young person may work with the counsellor on their own and creativity is at the heart of our family work. Art materials, games and interaction can enable the child or young person to explore and communicate their thoughts and feelings.

Other family members may choose to have one-to-one sessions with the counsellor or we may see the family as a whole or with certain members together. We will work together to decide the best way to work as a family in counselling.

