

Let's hear it from the Dads!



Pregnancy and parenting can be a stressful time for Dads too.

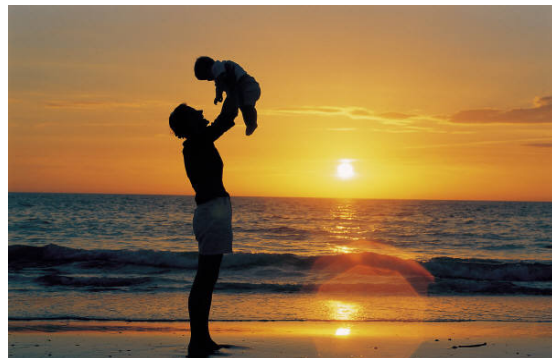
This pilot service provides the opportunity for fathers to access either 1:1 or small group sessions.

Counselling provides a safe place where issues can be discussed without judgment. Offering a confidential environment, based on listening, not advice giving. Counselling can enable personal growth and support decision making within a caring, accepting relationship.

Colette is a Psychotherapist (in Advanced Clinical Training) She is a member of the BACP and ITA, subscribing to their code of ethics and professional standards.

Colette is available to meet on Saturday mornings, alongside Lads days, an event especially for Dads, male carers and their children.

- Free
- Confidential
- Time and space to untangle what is going on in life



Counselling can help with:

- Managing change
- Coping with loss
- Parental stress
- Relationship difficulties
- Anger management
- Family issues
- Depression

To find out more or book an appointment contact:

The Carroll Children's Centre
Somers Close, Stanmore, Winchester

01962 840022

c.y.c@btconnect.com