HOW DO I MAKE AN APPOINTMENT?

BY PHONE, POST OR E-MAIL

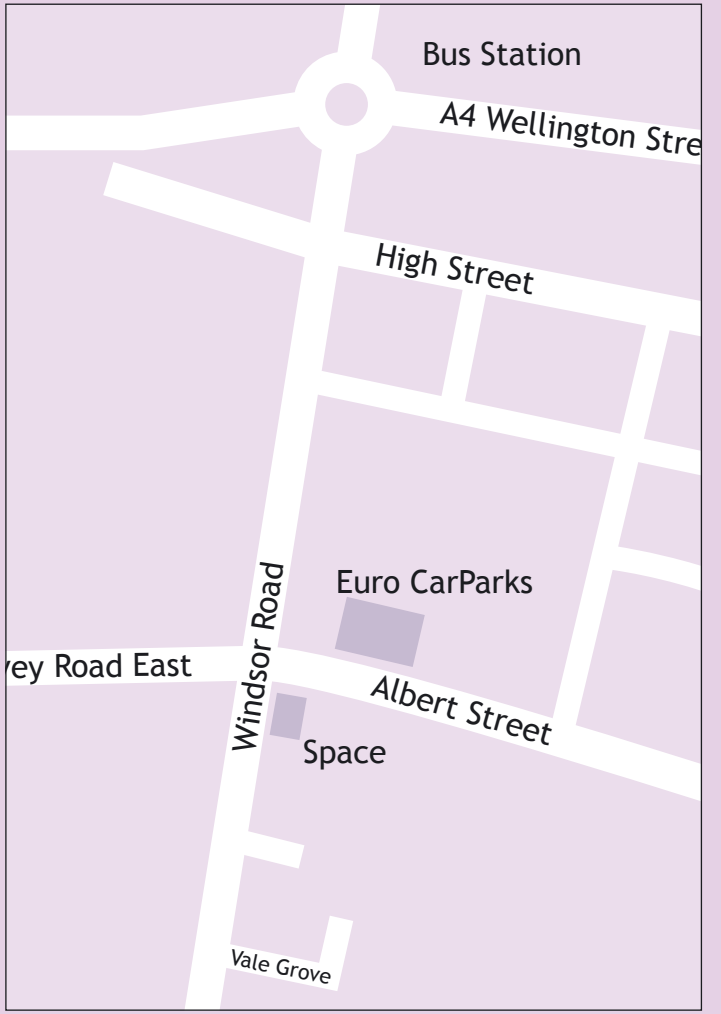
01753 575432
enquiry@spacecounselling.org
www.spacecounselling.org

OPENING HOURS
MONDAY 10-8PM
TUESDAY 10-8PM
WEDNESDAY 10-8PM
THURSDAY 10-8PM
FRIDAY 10-5PM

Registered Charity No: 280662

SPACE COUNSELLING SERVICE
81 - 83 WINDSOR ROAD
SLOUGH, SL1 2JL

Tel: 01753 575432



space
counselling service

Registered Charity No: 280662

ABOUT US

SPACE is dedicated to training counsellors and providing a counselling service to the people of Slough since it was established as a registered charity in 1979.

We are a group of experienced counsellors who are either fully trained or at an advanced stage of training. SPACE is a member of the British Association for Counselling and Psychotherapy and abides by their ethical framework for good practise.

HOW CAN COUNSELLING HELP

Counselling can help with:

- Relationship Difficulties
- Depression and Anxiety
- Bereavement and Loss
- Financial issues
- Mental Illness

Counselling is concerned with the whole person: his or her life history and past and present relationships. Counselling provides the opportunity, time and space to explore different ways of looking at and managing problems as well as offering a possibility for self-discovery, change and growth.

WHO DO WE SEE

Many of the people we see at SPACE are referred to us through GPs, hospitals, health centres or other local agencies based in Slough. Also anyone over the age of 16 can refer themselves to us. We aim to provide a safe, non-judgemental environment for all people regardless of age, gender, ethnicity, religion or sexual preference.

WHAT HAPPENS WHEN I MAKE AN APPOINTMENT

After contacting SPACE we will invite you to complete a questionnaire about your difficulties and offer you an initial session appointment with one of our trained counsellors. The purpose of this meeting is to understand your therapeutic needs more clearly and to allow you to learn more about the service we offer.

COSTS

We aim to provide a non-profit making service that enables us to offer help to as many people as possible. There is a standard charge of £20.00 for your initial session appointment. Subsequent sessions fees will negotiated in your initial session appointment and is based upon your financial circumstances.

CONFIDENTIALITY

Everything a client tell us is held in the strictest confidence unless he/she is at serious risk of harming themselves or others. Wherever possible we would always seek a clients' permission before breaking confidentiality.