

Rotherham Parents Forum Limited



Rotherham Parents Forum are pleased to offer a free Counselling Service to our members:

Counselling is...

A relationship between client and counsellor built on trust and understanding, offering the client a safe and confidential place in which to explore feelings of confusion, dissatisfaction, or distress. A place to look at life's experiences and to explore choices and options for the future.

Counselling may help towards:

- Increasing understand and self-awareness
- Exploration of problems and emotional difficulties
- Exploration of your options as you find ways to move forward

How long will counselling take?

This will depend on your individual needs and will be something you decide with your counsellor. Counselling may be anything from one session to a course of sessions over several months. The counsellor will strive to work within your very best interests in whatever time is agreed in accordance with BACP guidelines.

- Each counselling session will last between 50 minutes and an hour.
- All of our counsellors are either Registered or Student members of the British Association for Counselling and Psychotherapy and will work in accordance to The Ethical Framework for Good Practice.

If you would like any further information about the service we offer please contact us at RPFL:



01709 296262 Email: info@rpcf.co.uk



Please private message

Together We Can make a difference