

LIFE AND SOUL COUNSELLING

Wellness Centre, 4 Bridge Road, Balerno, EH14 7AH



0131 451 5226



lifeandsoul@stmungos.org



www.stmungos.org

BeMe

Children's and Young People's Counselling at the Wellness Centre

Beme offers you:

- a space to be yourself
- a space to think
- a space to make sense of things that are troubling you
- a space to explore and express your needs and feelings
- a space to discover choices and options
- a space to become who you can be

Scottish Charity Number SC018114

Who can come?

Anyone who would like to be listened to.

You can ask for counselling yourself. We like to have your parent or guardian's permission as well.

Often parents, teachers or doctors suggest counselling may be helpful.

Counsellors at Beme

All Beme counsellors are trained to national standards and hold a minimum qualification of a COSCA (Counselling and Psychotherapy in Scotland) validated Diploma in Counselling and accredited training in working therapeutically with children and young people. They are given regular supervision in line with COSCA & BACP standards.

www.cosca.org.uk

www.bacp.co.uk

What is counselling?

It's being listened to without being judged and being completely accepted - just as you are.

The counsellor's job is not to give advice or tell you what to do but to listen, understand and help you to process what is happening in your life - at your pace. You may prefer to just talk or you may find working with art, sand and other creative materials helps you express things that are hard to speak about.

If you would like to refer yourself or a child for counselling, please call the Wellness Centre on 0131 451 5226 and the manager will arrange an initial appointment for you to attend for an assessment.

This service is open to everyone aged 6-16 years

A service to the community from

