The Cyrenians Alcohol Mediation Service funds counselling which is free to young people.

It takes place at our building on Far Gosford Street.

WHAT IS COUNSELLING?
• A chance to talk about feelings and life.

• A chance to speak to someone who will not judge or criticise and will support about serious things and worries.

• Young people might not feel ready to talk to a friend, a teacher, a family member, or be ready to trust others or worry about what others may say back. Our counselling gives young people time for this.

WHY HAVE COUNSELLING?
• We know that problems can result in young people drinking or taking drugs, or finding it hard to be around others or go to school.

• Many young people come to us who have anxiety or low mood and have hurt themselves or thought about doing this.

• We want our counselling to give young people the chance to rebuild how they feel about themselves and their lives.

• To feel more confident and able to cope.

• To think less about the past and more about the future.

YOUR APPOINTMENT IS AT
The Windsors Cafe
98-101 Far Gosford Street

TIME-

DATE-

CYRENIANS
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FAMILY

CYRENIANS COUNSELLING
A Guide to Counselling for Parents and Carers.
• Cyrenians have provided free counselling to many young people as part of the support the AIMS service provides.

• For some this means a single session and a decision to pursue counselling at a later date.

• For others it is longer term support, sometimes leading to transition into other services for further counselling.

• Change can come in different forms, such as a change of emotion or behaviour as a way of coming to terms with the realisation around the issues discussed in counselling and of how these issues have had a detrimental impact on quality of life.

• This change can occur after the very first session and can be unexpected to the young person and those that care about and know them.

• These changes are noted by all counselling services and are not unique to AIMS. They are a normal response to experiencing counselling and form part of the counselling process.

• It should also be said that not all young people exhibit these changes but where they do they can sometimes affect family dynamics.

• After counselling AIMS will sometimes contact a parent or carer to confirm attendance or update.

• AIMS might ask that a parent or carer makes sure that they find the time to be there for their child and be available and supportive. Alternatively it may be that their child needs time and space to think and reflect on their counselling sessions.

• AIMS might also ask school or a partner to do the same as counselling sessions can be a week or two apart. Also, some young people may feel that they want to continue to explore how they feel and so they may ask for time to talk.

• This still observes the confidentiality of counselling for the young person.

• It’s important that the time away from the counselling is positive and well spent and acts to promote engagement in the counselling and to improve quality of life and future prospects.