

Information for Parents & Carers

Can it help Me?

We have services to support parents. Please call and ask about our services for Family Counselling and Relate for Parents.

Payment & Practice

We are fortunate to receive some government grants and financial contributions from other funders. However, there still remains a financial shortfall in providing the service, therefore all contributions, from clients, are most welcome.

It is best practice that all significant adults are aware that the young person is attending counselling.

Support for Young People Experiencing Family Change

- 5 to 25 years old?
- Parents Divorced/Separated?
- Step Family?
- Loss?
- Violence?

Cancelling an appointment:

It is very important that you give us as much notice as possible if the young person is unable to attend. We ask for at least **48 hours** notice of cancellations, by telephoning us on Coventry (024) 7622 5999. We have waiting lists for our services and therefore each appointment is very valuable.

Missed appointments:

Not keeping the appointments without notifying us may mean that the young person may lose their ongoing appointment. They may have to wait for another valuable session.

Relate Coventry

New House, Hertford Place, Coventry CV1 3JZ

Tel: 024 7622 5999

Fax: 024 7622 2051

Email: info@relatecoventry.org

Relate Coventry is a charitable organisation and works in accordance with the Area Child Protection Committee and the Coventry Information Sharing Protocol.

Charity number: 1103470

Company's House number: 4939758



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Common questions asked by Parents & Carers?

What if my child says something about me?

This is a common concern that some parents/carers have. We encourage family communication and will endeavour to facilitate this at all times.

Can I have a private word with the counsellor?

In our experience an open discussion with the young person being present builds a trusting relationship.

Will I be told what has gone on during each session?

The content of the session is confidential to the young person who will be encouraged to share this with you. However, it is helpful for the parents/carers not to ask the young person lots of questions. Let them tell you in their own time.

How often will my child have sessions?

Typically each young person will be seen for 40-50 minutes at the same time on a weekly basis. The counselling will be reviewed on a regular basis to make sure the young person's needs are being met.

Can I leave the young person?

Parents/carers are asked to remain on site at the Relate Centre whilst their child has their session.

What happens if the young person changes his/her mind about counselling?

That is ok. It is important that the young person has a choice and feels that they are benefiting from the work. If they no longer want to come please let us know, and feel free to contact us if they change their mind in the future.

What is Time For You?

Time For You is a confidential counselling service run by Relate for young people who are experiencing or have experienced changes in their family.

Time For You gives the young person a place to come and be listened to by an experienced counsellor. We hope this will be helpful to the whole family.

Whilst it is important that trust is developed between the counsellor and client, there will be opportunities for you to meet the counsellor with the young person.

We hope that any young person receiving counselling will be able to share some of the content of the sessions.

Time For You works in accordance with the Coventry Safeguarding Children Board. If we think a young person is at risk of harm, we will take the necessary steps to safeguard your child's safety and well-being, and we will try to involve you in this where possible.

Who might want to use this service?

- Young people whose parents are separating or divorcing either currently or in the past
- Young people who are finding it hard to live in a step-family
- Young people who have lost touch with one of their parents or other members of their family
- Young people whose family has been affected by change or loss because of illness or bereavement
- Young people living with conflict within their family

The young person will be offered an assessment session with a counsellor to see whether Time For You is the right service for them. If it is not we will do our best to support you in finding the most appropriate agency.

