Counselling @ Express

PARENT AND CARER COUNSELLING

At Express CIC, we know how much you give of yourself to care for others. It can sometimes leave you feeling overlooked, exhausted, or overwhelmed. Our parent and carer counselling service offers a safe, welcoming space where youare the priority.

Counselling can support you to:

Rebuild resilience
Manage stress in healthy ways
Make sense of your experiences
Find realistic, manageable ways to care for yourself
Discover new ways forward that work for you and your family

Sessions are available face to face at our Tolworth office, giving you space away from home, so you can access support in the way that works best for you. Online sessions are also available.

Email counselling@expresscic.org.uk for more information

www.expresscic.org.uk

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