

It does not matter who you are or what you do, sooner or later we all need a little bit of help and support in life.

Whether it is guidance on achieving our professional and personal goals or choosing the right career path, helping us cope with an unexpected trauma or taking control of an enduring addiction, we all need someone we can turn to for help and advice from time to time.

### How to make an appointment:

Phone Listowel Family Resource Centre on (068) 23584.

You will be asked to leave a contact number and your first name. One of the centre Counsellors will contact you directly within a few days to arrange an initial appointment to meet with you.

Your confidentiality is assured and all Listowel Family Resource Centre staff are trained in dealing with sensitive and confidential enquires.

*'Here, at Listowel Family Resource Centre, we are committed to providing a professional, ethical and client centred service which positively supports all members of our Community.'* Jackie Landers, Manager.

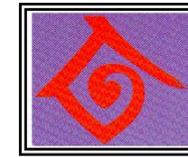
## We all need a little counselling at some stage in our lives



### What you can look forward to in your Counselling Session

- Confidentiality
- Respect
- Understanding
- Non-judgmental
- Support

Of course, for most of us the immediate support network is our friends and family. However, there are times when we need to look outside our immediate circle of contacts to get the help we need. Sometimes those who mean the most to us are simply too close to the issue to offer objective support (for example) family and personal problems. At other times they are too far removed to understand the issue properly (such as, professional and career problems and dilemmas).



## Listowel Family Resource Centre



### Counselling Service

### Client Information Brochure





## What is counselling?

Counselling is a way of exploring concerns and feelings in a safe and confidential setting, and with the help of someone who is trained to listen attentively and without judging.

A counsellor will not tell you how to solve your problems, but will help you find your own solutions.

Counselling can help you understand yourself better and help you to find your strengths and build on them. It often happens that what starts out as a problem becomes a turning point on the way to discovering a fuller self.

There are many times in our lives when counselling may be helpful, including times when we are coping with major changes, times when we are dealing with losses, or times when our self-esteem and confidence is low.

## What does counselling involve?

Counselling is usually offered in weekly sessions of about one hour. It is possible to work on a short term basis; however, the norm offered is 8 sessions. As well as counselling, the support of a group may be available for those who would benefit from it.

## What does it cost?

Listowel Family Resource Centre Counselling Service is a subsidised service **solely** for those who are unable to afford private counselling sessions. We are committed (funding dependant) to providing Counselling at **€35.00 per session**.

## Who are the counsellors

Counsellors who work with the Listowel FRC are:

- Qualified Counsellors
- Accredited/working towards accreditation
- In regular Supervision
- Have full insurance cover
- Work by the Code of Ethics of the Professional Counselling Associations.
- Garda Vetted
- Work in accordance to the policies and procedures of Listowel Family Resource Centre

## Who is this service for?

- For people of any race, class or sexual orientation.
- For people who are troubled or stressed in their lives and want to see how they might change.
- For people who are lost, confused, angry, or who are finding it difficult to cope with what is happening in their lives and want to find a way forward.
- For people who are bereaved or suffering other losses.
- For people who are having relationship difficulties
- For people who have been or are being abused or bullied.
- For people who feel in need of counselling but think they might not be able to afford the fees.

