

What will counselling cost?

There is no fixed charge but we do ask clients to contribute as much as they can reasonably afford.

Every counselling session costs us £31.50 to provide. Those who are able to pay more will help those who can afford less.

Where is Network based?

We are based in Elm Park, Filton, Bristol, BS34 7PS (the rear of St Andrew's Church) where we opened our purpose built centre in January 2018.

There is parking right outside our front door, and the premises are easily accessible by public transport.



"I do not believe I would be here today without my counsellor's help, understanding, hope, courage and strength"

As an organisational member of the British Association for Counselling and psychotherapy (BACP) we are bound by its Ethical Framework for the Counselling Professions.

Network was founded in 1986 by the Christian churches in Bristol, and caters respectfully for people of all faiths and none.

For more information

www.network.org.uk

To arrange an appointment

0117 9507271

info@network.org.uk

Network Counselling and Training
Elm Park, Filton, Bristol, BS34 7PS

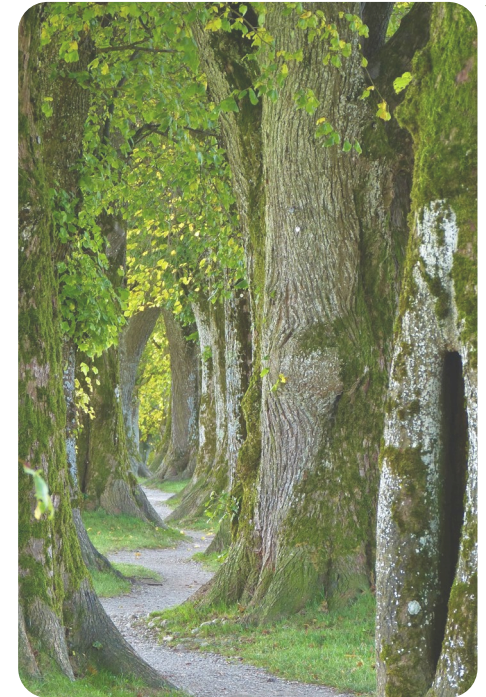
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network

counselling and training

... affordable counselling for everyone



**An affordable
counselling service for
people in Bristol and the
surrounding areas.**

Why counselling?

At times in our lives we all encounter difficult or painful experiences which we need to talk through with someone else.

Family and friends can often be very supportive but there are times when they are unable to offer the particular kind of help needed. Counselling can offer:

- A welcoming, safe confidential space in which to feel listened to, accepted and understood.
- A space in which to explore thoughts and feelings around the difficulties faced.
- A space in which to find a way forward.

“Everyone I had contact with at Network was wonderful. A very caring, happy environment. I will be eternally grateful for your help.”

What can I talk about?

Anything that has an impact on your life or in which you would like support.

Counselling may help if you are:

- dealing with the impact of trauma
- dealing with the impact of physical, emotional or sexual abuse on your life
- coping with a significant bereavement, separation or divorce
- facing unemployment, redundancy or retirement
- coming to terms with serious chronic physical illness or disability
- feeling anxious, depressed or stressed
- struggling with low self-esteem
- encountering relationship difficulties
- wanting to change patterns of behaviour which are destructive to yourself or others (e.g. unhealthy eating patterns, difficulty in controlling anger, self-harm etc.)
- trying to overcome fears
- finding it hard to cope
- having to make difficult decisions about the future way forward.

Counselling at Network

Network offers:

- Confidential counselling for individuals and couples.
- A service that is affordable to all and open to Anyone aged 16 or over irrespective of gender, sexual orientation, ethnic origin or religion.
- A number of qualified volunteer counsellors and placement students.

How many sessions can I have?

Counselling sessions are for one hour per week for an initial period of up to twelve weeks. Should you and your counsellor feel the need to continue support there is an option to extend.

“ The counselling helped me to see who I am. ”

“ Counselling helped me to change my life for the better. ”