

What kind of support can The Exchange provide?

- The Exchange is a counselling and wellbeing organisation.
- We can help children build their resilience and develop emotional intelligence, self-regulation, confidence, self-esteem, optimism, problem solving and social competence.
- We work closely with school staff to support the process.

What kinds of things can The Exchange help with?

- Problems at home or with friends
- Transition and change
- Death of someone close to you
- Panic Attacks/Anxiety
- Body Image/Self-Esteem

Will someone tell me if my child is attending sessions?

YES If your school feels that counselling could be helpful they will always contact you before requesting assistance.

For children under the age of 12, parental consent is required.

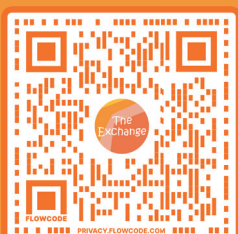
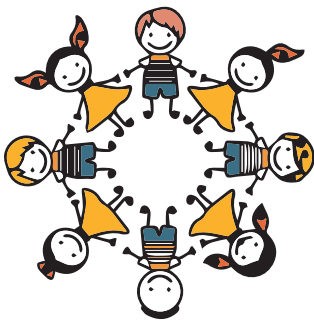
What types of support do The Exchange offer?

One-to-One Interventions

- 8 sessions which includes meeting with parents.
- Check in halfway with teachers and parents
- Therapists use a variety of mediums in their work with the child including theraplay; art; drama etc.

Group Work Programmes

- The sessions are interactive and creative, they usually last around 45 minutes. We will work to ensure they integrate sensibly around other activities and lessons.
- Group work programmes for different ages are designed around specific themes e.g. bereavement, feelings, relationships and transition.



If you would like further information, please ask to speak to the School Counselling lead in your child's school or visit:

exchange-counselling.com

Additional support and resources are available on our resource site:

exchange-resource.net