

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

We tackle some of the most complex and difficult issues facing families today - including domestic abuse, mental health problems, learning disabilities and severe financial hardship.

Where Can I Access This Service?

Counselling can take place at one of the following:

- Family Action, Holland Street.
- Newton Heath Health Centre
- Newton Heath Children's Centre

As much consideration as possible will be made for you to access this service. We will always try to find venue, times and days that are suitable for you.

If you would like more information or want to make an appointment for counselling, you can contact Family Action on:

0161 682 1500

The logo for Family Action, featuring the words "family" and "action" in a blue, lowercase, sans-serif font, stacked vertically and rotated 45 degrees counter-clockwise. The text is contained within a white, rounded, arrow-shaped graphic pointing towards the bottom right.

**Family Action
Manchester
Frontline Families
Counselling**

A free and confidential counselling service

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
Fax 020 7249 5443 info@family-action.org.uk www.family-action.org.uk
Registered charity n° 264713.

supporting families since 1869

What Is Counselling?

Counselling is time for you the counsellor will listen to you in a non judgemental way and will not tell you what to do.

The counsellor can help you to make sense of what you are thinking and feeling and make things seem clearer this can help you to make your own choices.

Our Counsellors will offer you a safe place where you can feel comfortable when discussing issues that are personal and important to you.

We Offer:

- One to One Counselling
- Post - Natal Counselling
- Direct work with children

A weekly or fortnightly one hour session depending on your need for as long as you want the service and at a venue that suits you. The session will be at your pace and child care can be provided. All your needs will be considered for you to access this service.

Who Can Access This Service

This service is available to all families who have children aged 0 – 13 years old and who live in the following areas.

Miles Platting

Ancoats

Collyhurst

Newton Heath

Beswick

Clayton

Cheetham Hill

Charlestown

Blackley

Harpurhey

Crumpsall