



# The Road Centre

COUNSELLING • TRAINING • WELLBEING



## The Road Centre's work with children and young people-

The Road Centre provides a professional counselling service for adults, young people and children. They normally come to our offices in Chester le Street, Hebburn or Newcastle and have individual meetings with one of our fully qualified and experienced counsellors. For children, our counsellors can visit their school and meet with them individually or in groups.

With all age groups, but especially with children, our counsellors adopt creative approaches and use pictures, drawing, clay,

sand, soft toys and various objects, to help them tell and explain their story.

Children and young people can struggle to put their difficulties into words and what they are feeling can come out in changed behaviour patterns. Sometimes adults, not understanding such behaviour, can become critical and controlling. The counsellors at The Road Centre adopt a very different approach and seek to understand the child, or children and work with them to increase their understanding and explore ways to move forward.

In the case of children and some young people (those under the age of eighteen), parental consent is required before their counselling can take place. When working with children, The Road Centre counsellors ensure their safety and emotional wellbeing at all times.



**0191 3891188**

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[www.theroadcentre.com](http://www.theroadcentre.com)

Counselling helps people of all ages, children to adults.

NEED TO TALK?

## What Is Counselling?

There are times when life feels full of problems and difficulties, some of them small and others big: the kind that we can't get out of our minds and it seems as if the more we think of them, the more difficult they become. It's as if the harder we try to get rid of them, the stronger they become.

Counselling is a process in which a person with very good listening skills sits down with someone who is struggling with difficulties and listens to them as they tell their story. The counsellor listens carefully and gives the other person their complete attention and the time they need to say it as it is.

Just to be listened to, heard and understood, without being judged, can be a wonderful experience and for many people it is a completely new experience; they may never have been listened to before.

## Confidentiality

Counselling involves a high degree of confidentiality and what a client discloses is kept secure by their counsellor.

Confidentiality cannot be guaranteed if the counsellor has reason to believe that a client might be a danger to him/herself or to another. If a breach of confidentiality is regarded as necessary, it is done, where possible, with the client's consent and only to those with an absolute need to know.

*"St Aloysius has worked with the Road Centre for three years and currently have a counsellor for up to two days a week.*

*The quality of the counselling service and support for our pupils is exceptional. We have found the care, compassion and empathy for our pupils to be first class.*

*I recommend The Road Centre to you without reservation and hesitation."*

**Nick Conway**  
Head Teacher, St Aloysius

**Contact our staff:**

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