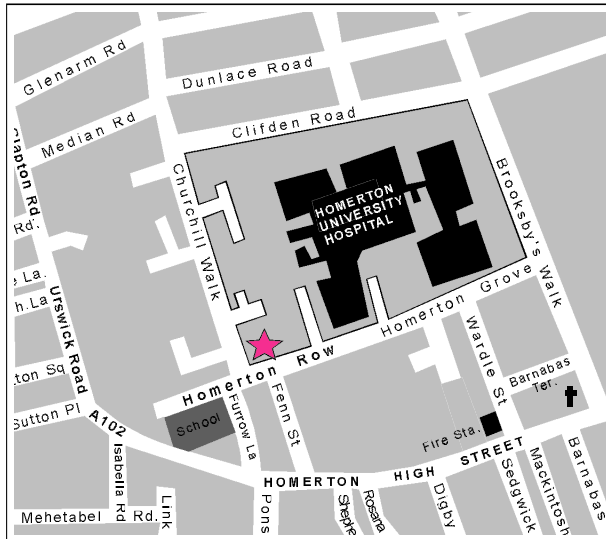


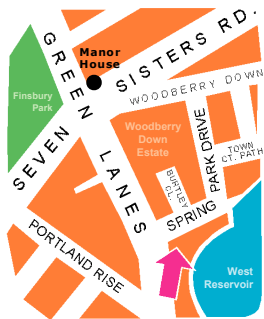
under *twos*'

counselling



**Children and Young People's Centre**

15 Homerton Row, London E9 6ED  
Tel: 020 3222 5600 Fax: 020 3222 5792



**Woodberry Down Unit**

John Scott Health Centre  
Green Lanes  
London N4 2NU

**Buses:** 341, 141, Manor House 253,  
254, 259, Lordship Park 106

**Access:** The Unit is on the first floor.  
There is a lift and wheelchair access.

**Parking:** Car park at rear of centre.



**This leaflet provides some of the information you might need when meeting us for the first time.**

## **The aims of the Service**

We offer short term counselling to parents of infants 2 years and under, and parents-to-be. We aim to help with a broad range of difficulties. These can include developmental difficulties such as problems with the daily routine and behaviour such as crying and poor feeding and concerns about communication. We can include situations where there is a crisis in the family which may impact on both the parent and infant such as bereavement and marital difficulties. We can help with attachment difficulties and problems linked to post-natal depression, and can provide more intensive and longer term therapeutic assessment and treatment if required. It is recognised that as well as bringing great pleasure, a baby brings many new challenges and these can be stressful. If difficulties are not resolved in the usual way with advice and assistance from family and friends, it may be helpful to have a brief intervention from a trained specialist in infant mental health. Help at an early stage can prevent longer-term or more serious difficulties developing. The Service offers a non-stigmatising, user-friendly and infant-centred approach and the first appointment can usually be arranged within a few days. The team also provide direct input to the local Children's Centre in The City and work within the Early Intervention Parenting Programme in Hackney. Please ask staff for further information regarding the range of Services.

## **Who are we?**

We are all experienced in working with children and adolescents. Our trainings include child psychotherapy, social work, psychiatry, psychology and family therapy. We have a particular interest in understanding babies, infants and their families.

## **What sort of service do we provide?**

We offer five counselling appointments over a period of weeks arranged to suit parents' needs. Further appointments can be offered but are not usually needed. Where more severe difficulties do emerge, we can provide appropriate intensive assessment and treatment and liaison with mental health services for both children and adults. Each appointment lasts for approximately one hour and the whole family will usually be invited as this has found to be most useful. The sessions are friendly and informal with suitable toys available for infants.

## **Appointment system**

Appointments can be made at a variety of local centres; these include the John Scott Health Centre or Homerton Row Children and Young People's Centre.

## **Opening Hours**

Please telephone **020 8210 3760** to arrange a suitable appointment. Appointments can usually be arranged immediately, we do not have a waiting list.

## **How confidential is our service?**

This is a confidential service. We only discuss cases with colleagues in the team. We would not talk to anyone else without your permission. The only exception to this would be where we are concerned about the safety and well being of a child or parent.

## **Interpreters and advocates**

If English is not your first language and you have not already been offered an interpreter, please let us know so that we can arrange this.

