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## Counselling for Fostering

Whether you are a foster carer, a person who has been fostered or you have a family member in foster care, SNCS can offer you an informed and understanding safe place to explore your current situation.

Fostering can bring it's own unique experiences and if you feel that you may benefit from counselling or psychotherapy to support you with this area of your life then please contact Caroline for further information.



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Special Needs Counselling Service is based in central Colchester.

Home visits may be available if you require them.

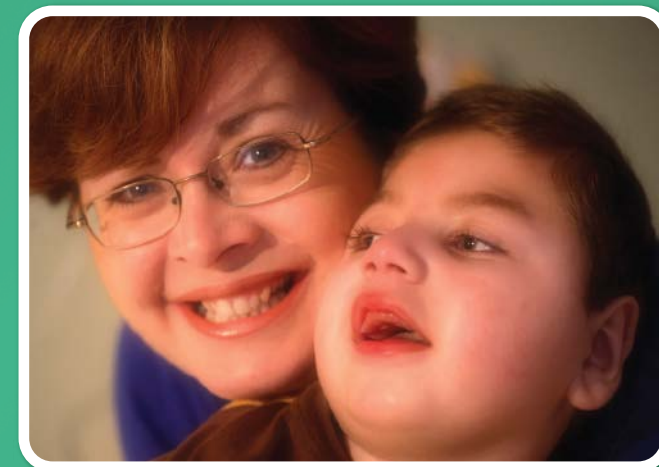
For more information please contact Caroline on:



**07811 549 463**

[www.specialneeds counselling.co.uk](http://www.specialneeds counselling.co.uk)

[caroline@specialneeds counselling.co.uk](mailto:caroline@specialneeds counselling.co.uk)



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Counselling Service**

**COLCHESTER**

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## About Caroline

Caroline has been a Registered General Nurse for over twenty years. She is a qualified counsellor and psychotherapist and is a member of the British Association for Counselling and Psychotherapy. She has many years of experience of working with people affected by disability and chronic health conditions. She also has extensive experience of fostering.

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If you would like to more information about the services available please visit [www.specialneeds counselling.co.uk](http://www.specialneeds counselling.co.uk)



## A specialist counselling service based in North Essex

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Special Needs Counselling Service offers counselling to those affected by disability or long term health conditions. Counselling aims to help you explore and clarify issues that matter to you, whether you are the person with the condition, their parent/carer, or a support worker. It can assist you in developing coping skills, which you can utilise if or when future problems arise.

Counselling can give you the opportunity to work in ways which enhance your ability to resolve problems, or to cope with things which cannot be changed. It can help you get to know yourself better and develop your potential. There may be times when you feel you need someone impartial to talk to. This can be especially important when dealing with issues such as: -

- new diagnosis
- caring commitments
- loss of previous lifestyle
- prognosis
- managing medical condition
- feeling of isolation
- not feeling heard or understood
- managing feelings around what the future holds
- respite
- transitioning a loved one into residential care

If living with the effects of ill health or disability has left you feeling isolated, alone or unheard please feel free to contact Caroline to discuss how counselling may be able to help you.