



## Intervention Groups Parent Information Sheet

# Counselling Sessions

Our counselling sessions are run by Sarah Bailey from Snowford Grange Counselling and Psychotherapy. The aim of our counselling sessions is to support children with any anxieties or insecurities they may have, large or small.

These might include:

- moving house
- reluctance to come to school
- friendship worries
- changing school
- a new sibling in the house
- divorce

or any other changes in their family life.

There is a heavy emphasis on play, and the sessions are very gentle and relaxed.

**If you have any questions or require more information about the group or your child's progress please contact their class teacher.**