



The Schools Counselling Partnership is working to improve the emotional wellbeing of children, parents/carers and staff by offering support to the whole school community

Often when we are struggling, rather than ask for help, we withdraw from friends and family, isolating ourselves rather than asking for help. Maybe not wanting to burden others with our troubles or feeling that no one will listen. Please don't suffer alone:



If you are struggling with anxiety, have experienced bereavement, had a family breakdown, or suffered a job loss, we are here to support you.



If you are worried about your child, how to support them with their anxieties, their behaviour and emotional wellbeing, we are here to support you



We offer a confidential space in which thoughts and feelings can be explored without judgement.

**If you would like some support please contact:**

**Kavisha Dharja**

**Therapeutic Lead in School**

Tel: 07785798759

[kavisha@schoolsounsellingpartnership.co.uk](mailto:kavisha@schoolsounsellingpartnership.co.uk)



**Greenford School**

Parents Drop-in:

9-10am

Every Tuesday & Wednesday  
(term time only)

