

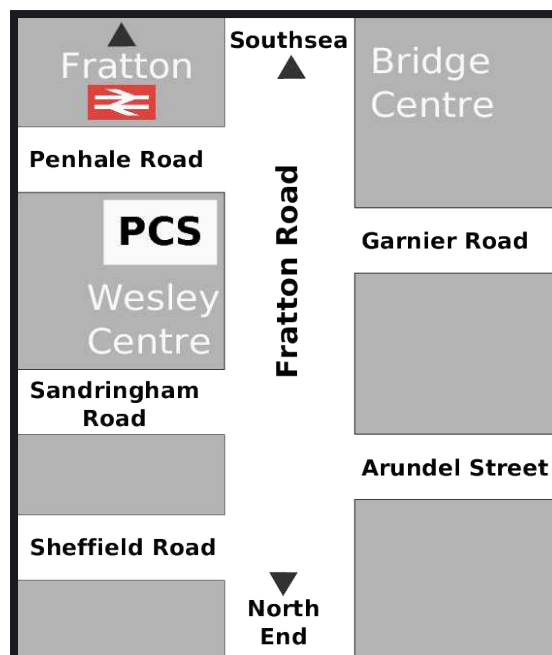
About the Project

This exciting project will enable Portsmouth Counselling Service to be accessible to all communities. The aim is to develop a truly cross cultural counselling service through recruiting a fully diverse, local, volunteer counselling team, training people from black and minority ethnic communities as interpreters & active listeners, and integrating them at service delivery level. This cross cultural service will help people build a better life and live more effectively.

The project is funded by The Big Lottery for 5 years from their Reaching Communities fund.

The project has a dedicated team of professional counsellors, trainers and project workers. All are qualified in their professions to deliver highly skilled and responsible work in a multi-cultural environment.

Portsmouth Counselling Service is a member of the British Association of Counselling & Psychotherapy (BACP)



Cross Cultural Counselling Project

Portsmouth Counselling Centre

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Project Manager: Sheridan Edwards

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Cross Cultural Counselling Project 2007-2012



A Safe Place To Talk



Portsmouth Counselling Service



LOTTERY FUNDED

Charity No. 1040457

Free Counselling Sessions

We can offer six free confidential counselling sessions to anyone from a black or minority ethnic group including refugees and asylum seekers.

Counselling gives you a safe place to talk about your problems and express your feelings with a trained professional counsellor. We can provide an interpreter if required.



Once you have made contact you will have an initial assessment session and can then arrange a day and time that you can meet your counsellor for the six sessions.

Interpreters Required

Are you fluent in English as a second language?

We have many clients who need an interpreter during their counselling sessions. We can provide free training, paid work once you are a trained interpreter, and ongoing support. All languages are required.

The courses are relaxed and friendly and run 3 times a year. Come and learn new skills and help someone take control of their life.

“I feel so privileged to be able to help others in this way”

**To find out more contact us at
Portsmouth Counselling Service.**

Tel: 02392 737 989

Free Basic Counselling Skills Course

Are you from a black or minority ethnic community, unemployed or have a disability?

If you have a good standard of English you can join our free course to help you:

- *Get to understand yourself and others*
- *Build your confidence and self esteem*
- *Learn to communicate more effectively*

Students will be from diverse backgrounds and you will increase your cross cultural awareness and understanding. The skills you learn will enable you to help others in your local community.

The course starts each September and runs on a Tuesday evening 5.30-8.30pm throughout the year during term time. A certificate is awarded after successful completion of 120 hours of training.

“It was an amazing experience - I learnt so much about myself!”