



Counselling Service

Mothers for Mothers offers a dedicated PNI counselling service in our therapy room at the New Fulford Family Centre. We offer six to ten sessions of person-centred counselling which can be extended by agreement with your counsellor.

Our counselling service is a talking therapy that involves a therapist listening to you and helping you find ways to deal with emotional issues.

Women often find it very beneficial to talk about their feelings and emotional wellbeing both during pregnancy or after their baby is born.

Counselling can help you cope with difficult emotions such as anxiety, depression, fear, distress, isolation, difficult life events and low self-esteem.

At your appointment, you will be encouraged to talk about your feelings and emotions with your counsellor who will listen and support you without judging or criticising. Our counselling offers a safe place to confide and offload your problems to an unbiased and empathic listener. Your counsellor can help you gain a better understanding of your feelings and thought processes and find your own solutions to problems.

GET IN TOUCH ON 0117 935 9366 OR
counselling@mothersformothers.co.uk