



## Father's Counselling

Our counsellor Nick Tarleton offers a dedicated Fathers counselling service in our therapy room at the New Fulford Family Centre. We offer six to ten sessions of father-centred counselling which can be extended by agreement with your counsellor.



Nick Tarleton Dip MBACP

Counselling can help you understand how you feel about the things you are struggling with and support you to find a positive way forward. Being a dad is hard and all dads have challenges. It is a sign of strength to get help to overcome difficult emotions, it shows you care.

Nick will offer you a safe space where you can share your problems and feelings. He will listen and support you without judgement and criticism. Nick is a father of two young boys including one with Autism. Before having children

Nick ran his own business as well as working with people with learning difficulties. He was then a stay at home dad before re-training to become a counsellor. He has a personal understanding of many of the practical and emotional difficulties that can come up in families. He has helped people with anxiety, depression, isolation and low self esteem.

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