

## Equal opportunities

We make our services as accessible as possible and we can provide help with childcare, travel costs and interpreters when needed.



## We're here to help

If you'd like to talk to us please call, email or write to us to find out more about our services – all contact is confidential. You can also find our **Service Request Form** on our website. You can also ask your school, social services or health provider to refer you to us.

*“Through counselling my daughter's patience has increased, she listens more. She now gets on well with teachers and children, especially her brothers and sisters at home”*



**West London  
Action for Children**

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**West London  
Action for Children**



**Counselling & Therapy  
for Children and Families  
Living in  
Hammersmith & Fulham  
and  
Kensington & Chelsea**



## Who we are and what we do

We offer free and confidential help to families with children under the age of 19.

Working with families, parents, carers, children, young people, and grandparents, our therapists provide individual and family therapy as well as group counselling sessions that are individually designed to meet each client's specific needs.

*"It was so welcoming, I felt at ease, I felt I could speak, I felt comfortable. It makes me happy to have someone listen to me"*



## Our Approach

We believe that clients are best placed to know what they want to change, what their aims are, and what works for them. We work flexibly to meet the needs of each family.

*"I am calmer, more relaxed with my children. We are listening to each other, not shouting, not so stressed. We are stabilised"*

We listen to what children, young people and parents have to say and draw on their strengths, resilience and the rich resources they bring. We believe a focus on well-being helps people to realise their full potential.

*"After all these sessions I'm equipped. I'm not hopeless. I'm happy I came here. I got what I was looking for"*

## When we can help

- Family separations.
- Bereavement.
- Experiences of abuse and violence.
- Mental health concerns.
- Relationship issues.
- Bullying, exclusion and other school related problems.
- Parenting challenges including safeguarding issues.
- Transitions such as the birth of a child, moving schools, the challenge of teenagers.
- Poverty and isolation.

*"My son is more independent. He is expressing himself to me more, telling me he loves me more easily and expressing his affection. He is more able to articulate feelings instead of having tantrums"*

We can't make everything better, but we can make a big difference to the lives of the children and families we work with.

## Group sessions for parents

**SmallTalk** – for parents with children aged 6 months to 6 years, forward-looking and solution-focused.

**ParentTalk** – for parents with children aged 3 to 11, focusing on parenting skills.

**ParentTeen** - for parents of young adults aged 12 to 18, focusing on parenting skills and relationships.

**ParentPlay** - a programme teaching play therapy skills for parents to use with their own children.

**Breathing Space** – a stress reduction group practicing mindfulness to help clients respond to difficult situations.

**Dads Matter** – a group for dads to think about their parenting role.

**Jigsaw Club** - weekly drop-in sessions for parents and under-fives. Based at Chelsea Methodist Church.

## School programmes for children

**Cool Moves** - helping year 6 students to make the transition to secondary school

**Mighty Me** - helping children at primary school to deal with difficulties in peer-group relationships and to build self-confidence

**Paws .b** – mindfulness sessions for primary school children.