

# ARC counselling service

## Youth Counselling

As well as offering schools-based counselling and at a few surgeries across the borough, we also offer counselling to young people from our own premises in Wokingham and at Oakwood Centre in Woodley. Sometimes, accessing counselling at school or college may not be for you, or you may not have any service provision.

We offer up to 6 counselling sessions to young people from 11 years old and over. The sessions are with the same counsellor face to face or online, at the same time and same day every week.

We offer support for any issue or problem you bring to us and we will provide a safe, non-judgemental and confidential space for you to explore your thoughts and feelings.



# Adult Counselling

We offer support for any issue or problem you bring to us and we will provide a safe, non-judgemental and confidential space for you to explore your thoughts and feelings.

We offer up to 12 counselling sessions with the same counsellor at subsidised rates for adults 22 years old and over:

Sessions during the day including Saturday morning:  
£10/session

Sessions after 5.30pm: £20/session

The first session is free and all sessions are free for under 22s. We accept most debit/credit cards. The sessions will take place at our main office in Wokingham or via Zoom/phone at a range of times to suit you, Monday through to Saturday morning.

All we ask in return is that you make a commitment to attend a weekly session, at the same time and day each week; and that you tell us if, for whatever reason, you are unable to attend





# School Counselling

## School counselling

ARC Counselling offers a client-centred, BACP accredited counselling service. With nearly every school in Wokingham now accessing our gold service, please note that these rates are subsidised and stand at 50% less than like-for-like providers.

ARC Youth Counselling would like to take this opportunity to inform you of the different services that may be of benefit to you.

## On site secondary school ARC counsellor

*Bronze service:* five sessions at £125 per week, includes staff to access ARC counselling.

*Gold service:* 10 sessions per week at £250 per week, includes staff access and peer mentor training.

Additional services such as training and workshops are available and priced on request. All counsellors are fully qualified and insured.

## On site primary school counsellor

This is a service for 8-11 year olds with mild to moderate issues. The service costs £30 per session and includes parent and staff access to counselling.