

Brief Therapy

We are offering support for parents and carers, individual or couples coming out of lockdown and dealing with family, couple and child issues in a supportive therapeutic and confidential environment

- ✓ Where: Session via Zoom/ Skype/ MS Teams
- ✓ How Long: Up to 8 sessions per individual/ couple
- ✓ Contact: creativetherapyadmin@coram.org.uk



What is 'Brief Therapy':

Brief therapy will aim to support individuals and couples in regards to any issues that have or continue to impact on relationships and emotional wellbeing

Who is this for:

We welcome any parents and carers

What will I need:

An internet connection and an electronic device

How do I access this:

Any parent or carer can self-refer. If you're interested please email creativetherapyadmin@coram.org.uk for a referral form.

Delivered by:

Experienced therapists in Coram's Creative Therapy Team

