



**Parent and Carer Counselling Service**  
SEN & Psychology  
Children, Schools and Families

*Post only:*  
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www.camden.gov.uk

## **Camden's Parent & Carer Counselling Service**

### ***Who we are:***

PCCS is a free counselling service available to parents and carers who have a child in a Camden maintained school or children's centre. Mothers, fathers, foster carers and other carers of children in Camden schools use the service. We've been established for over fifteen years.

### ***What we do:***

We provide twelve sessions of 1-1 counselling, which take place weekly in school hours during term time. Counselling sessions last fifty minutes. What's said in sessions is confidential unless a child or another person is at risk of harm. Counselling sessions provide an opportunity for parents to talk about problems, decisions, worries or changes in any area of their life. Problems do not have to be related to parenting. Parents and carers who have used the service say that counselling has helped them untangle their thoughts and feelings, draw on their strengths and develop new perspectives. They have felt more able to cope and face the future as a result.

### ***Where we work:***

Sessions can take place in the school or children's centre where the parent's child attends or at the Crowndale Centre in Mornington Crescent. If counselling sessions take place in school, we ask that a suitable room is made available for an hour each week. Please see attached information sheet and service leaflet for more details.

### ***How to refer:***

PCCS is a self-referral service but school staff can complete an application form on behalf of a parent and forward it to us provided that they have the parent's consent to do so. Parents and carers can refer themselves to PCCS by:

- completing the electronic application form in our leaflet (attached) and email to [pccs@camden.gov.uk](mailto:pccs@camden.gov.uk)
- completing an application form in a hard copy of our leaflet and post it to us (please let me know if you would like me to send hard copies of our leaflet to your school)

- completing an application form online at [www.camden.gov.uk](http://www.camden.gov.uk) . Search for *parent counselling*. Click on the first document that comes up in the search list.
- emailing [pccs@camden.gov.uk](mailto:pccs@camden.gov.uk) and ask for an application form to be sent electronically

Do not hesitate to contact me if you have any queries.

Best wishes,

A handwritten signature in black ink that reads "Amy Stanton". The signature is written in a cursive, slightly slanted style.

Amy Stanton  
Coordinator, Parent and Carer Counselling Service