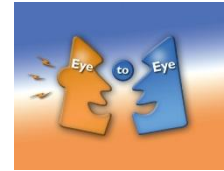


Dear Parent/Carer,



Sometimes, we all need someone to talk to...

**Has a young person you care for been affected by anxiety or loss and grief during the past few months?**

**Eye to Eye Young People's Counselling Service** is a registered charity and the main provider of counselling to young people in schools and the community in RCT. We have counsellors based in your child's school. Our service is free to all children and young people and children from the ages of 10 to 25 years. We also offer therapy to children in years 3-5 who have experienced significant loss or trauma.

The charity would like to invite you to join us at one or both of our information sessions aimed at supporting young people in Years 7- 13. We will be offering an information session on anxiety where we will discuss ideas on how to cope and what your child can do to help manage their feelings.

We will also be offering a session on grief and loss and how this can affect young people. We will discuss how grief affects young people and offer ways in which this can be expressed and talked about.

These information sessions will last about 1 hour and be delivered via Zoom. You will not need to talk or have your camera on in the sessions but there will be the opportunity to ask questions via the chat function and to get further information about ways we can help you to support your young people.

The sessions available are:

<b>Anxiety</b>	<b>Grief and Loss</b>
<ul style="list-style-type: none"><li>• Thursday 23<sup>rd</sup> July <b>6pm</b></li><li>• Thursday 30<sup>th</sup> July <b>3pm</b></li></ul>	<ul style="list-style-type: none"><li>• Thursday 23<sup>rd</sup> July <b>3pm</b></li><li>• Thursday 30<sup>th</sup> July <b>6pm</b></li></ul>

To book a place please email [cjeyetoeye@gmail.com](mailto:cjeyetoeye@gmail.com) and you will be sent a link to the Zoom meeting and joining information. You do not need a Zoom account.

Places are limited. If you are unable to attend on the above dates please contact us as, if demand is high, we may be able to offer additional dates.

If a young person you care for would like to access our service before these sessions, or for any other support please contact **07541 783767** or make an online enquiry on our website [www.eyetoeye.wales](http://www.eyetoeye.wales) or email **info@eyetoeye.wales**

We are currently offering online support and counselling via video link, telephone and chat. Please visit our website or follow us on Facebook, Instagram or Twitter for useful information and updates on our face to face service.

**Eye to Eye Young People's Counselling Service**  
**Registered Charity Number: 1170631**