

The Bereavement service, which is supported by Macmillan Cancer Support, gives you the opportunity to talk to someone in a safe and confidential environment, enabling you to explore your feelings and to develop management strategies during a difficult time.

We have a dedicated team of qualified counsellors and counsellors in training who all work in accordance with the British Association for Counselling and Psychotherapy.

The counselling sessions can take place at St. Clare's Hospice, Jarrow or Cleadon Park Primary Care Centre, South Shields.

Ask your Doctor for details or contact us direct.

### What we can offer:

A free, confidential counselling service to help clients through transitional times during anticipatory grief or following bereavement.

St. Clare's Hospice  
Primrose Terrace  
Jarrow  
Tyne & Wear  
NE32 5HA

**Tel:** 0191 4516378

**Fax:** 0191 4516381

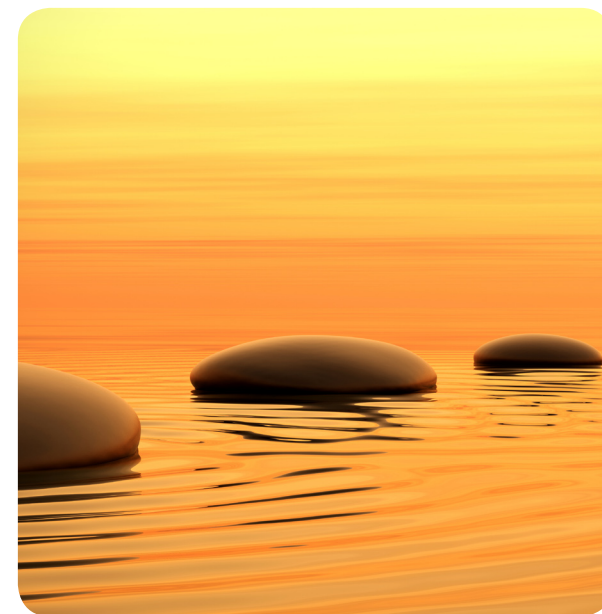
**Mobile:** 07917858732

[counselling@stclarehospice.co.uk](mailto:counselling@stclarehospice.co.uk)

[www.stclarehospice.co.uk](http://www.stclarehospice.co.uk)



## Bereavement Counselling Service



Providing help and  
support during a  
difficult time

## The Counselling Team

Our team consists of carefully selected volunteers who are caring, understanding and professional. Each individual is either working towards a counselling practitioner qualification or has qualified as a counselling practitioner.



Counselling is a confidential service except when the counsellor has been given information that a harming act may be committed against yourself, others or where a crime has been or is about to be committed.

Counselling does not work for everyone.

## Counselling helps because:

- Bottling up feelings may lead to ill health and despair
- To be able to share feelings, anxieties and worries with someone else may be helpful
- Exploring issues and feelings can often help you to decide on a way forward
- Counselling is a committed and confidential relationship between yourself and the counsellor
- Counselling is about empowering you, the client and enabling you to choose what is most beneficial to enhance the quality of your life
- It is a place where you will be seen, listened to, valued and respected for your uniqueness
- This can be a process of self discovery, self awareness, change and growth

## Counselling is:

- Safe
- Honest
- Listening
- Accepting
- Respectful
- Confidential
- A working relationship
- Difficult at times
- Often hard work
- A process of change
- Empowering
- Deepening of self awareness

## Counselling is not:

- Judgmental
- Blaming
- Shaming
- Labelling
- A quick fix cure