

# Girls and Young Women's Counselling Service



Our Girls and Young Women's Counselling service works with 16-25-year-old young women, trans young women and non-binary young people who are at risk/have had experience of insecure housing and/or violence. We are also sensitive to experiences which may relate to being from a black and minority ethnic heritage.

## What is involved?

We provide 1-2-1 counselling and groupwork. These are safe spaces where you can talk about things that matter most to you, this may include topics such as relationships, self-esteem and identity.

## Where do we work?

We are based in Crawley, West Sussex.

## Is it right for me?

- ✓ Aged 16-25
- ✓ Female, trans-female, or non-binary
- ✓ Have you ever felt scared, threatened or controlled by the behaviour of a partner or someone else close to you?
- ✓ Have you ever felt worried about your living situation or had experiences of frequent moves, living in care, challenges at home?

**If you want someone to talk to about these things, please text/call us on 07739 893707.**