



1 April 2019

Dear Parents and Carers,

I would like to take this opportunity to introduce “A Place for Parents”, a free, confidential counselling service for parents and carers of children who attend KAA.

You may be wondering what counselling is. Possibly be thinking how does talking to a stranger actually help? You may feel slightly overwhelmed at the idea of counselling, or feel like it is something that only you can deal with. You might be nervous at the idea of talking about yourself and what you feel you can or can't say. It also could be that you have experienced counselling in the past from other services and felt like it hasn't helped or that you have been let down.

As a qualified counsellor, I have many years' experience working with a variety of issues including: parenting with confidence, working with parents whose children have a mental health / learning / behavioural needs diagnosis, adult mental health, addiction, domestic violence, childhood sexual abuse, depression, anxiety, separation / divorce, complex trauma, bereavement, loss, loss of sense of self and low self-esteem.

By providing a safe, confidential, supportive environment I hope we can work together to explore any concerns or worries you might have, whether about yourself, your children, your family, home or work life. If you would like more information or would like to have a chat with me you are very welcome to call or email me.

I look forward to hearing from you.

Yours sincerely,

Susie Hack MBACP(Accred), BSc (Hons) Psych
Place2Be Parent Counsellor

07866 943537

Susie.hack@place2be.org.uk

Based at Kensington Aldridge Academy
1 Silchester Road
London
W10 6EX