



## **Time for Hope**

Time 4 Hope is a much needed Counselling Service from Nilam Gill for Parent/Carer's who have children with a disability.

This service allows parent/carers to explore the pressures and difficulties they may be experiencing at their own pace.

Person-Centred Counselling offers encouragement and assistance in finding the right solutions and choices required to reduce stress, build resilience and increase self-confidence in dealing with current and future issues.

As well as working as a Counsellor, Nilam works as a Child Development Adviser.

This involves working closely with parents in assisting them to enhance their child's development and enables Nilam to gain a deeper understanding of the personal and emotional stresses faced by families who have children with a disability.

Counselling sessions take place once a week for up to 60 minutes at an agreed venue at a charge of £45.

To find out more about this service, email us at [info@entrustcarepartnership.org.uk](mailto:info@entrustcarepartnership.org.uk)