family action Building stronger families

OFF CENTRE

COUNSELLING AND PSYCHOTHERAPY

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About Off Centre Services

Off Centre is a counselling, psychotherapy, advice, information and guidance service for young people aged 16-25 in City and Hackney. Our services are free, confidential and designed to help young people take greater control over their lives. We offer a range of emotional and practical support including 1-2-1 counselling, psychotherapy and creative arts therapies as well as advice and information and a range of group sessions.

We also have two other projects linked to our service:

Growing Minds offers therapy services to 11–25-year-olds from African, Caribbean and mixed heritage.

Project Indigo offers an LGBTQI+ youth group as well as support and key working for the LGBTQI+ community.

About Family Action

Family Action is a charity committed to building stronger families and brighter lives. We provide innovative and effective services and support to many of the UK's most vulnerable people, helping individuals and communities address the challenges they face through practical, emotional and financial support.

How to contact us

Off Centre at Family Action
Unit 7: The Textile Building
29a – 31a Chatham Place
London E9 6FJ
(Unit 7 entrance is on Belsham Street)

T 020 8986 4016
E OffCentre@family-action.org.uk
W www.family-action.org.uk/off-centre

Family Action (Head Office)
34 Wharf Road, London N1 7GR
T: 020 7254 6251
info@family-action.org.uk www.family-action.org.uk

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Registered Company Limited by Guarantee in England and Wales: 01068186.
Patron: Her Majesty the Queen.
Chair: Mary Fulton. Chief Executive: David Holmes CBE. Vice Patrons: Christine Davies CBE. Dr Andrew McCulloch. Dame Denise Platt DBE. Katie Vanneck-Smith. Professor Harriet Ward CBE.

Our Therapy Services

Counselling, psychotherapy and art therapies are types of therapy that can help you work through difficult and challenging times. They provide a non-judgemental space for you to explore any issues that may be worrying you or you want to think about. This can help you understand yourself and better cope with life's ups and downs. We offer individual sessions which last 50 minutes and take place at Off Centre, or in some circumstances, online at the same time each week.

Creative Arts Therapies

Using art, movement and drama can be another way to express yourself, helping you get in touch with thoughts, experiences and feelings that are sometimes difficult to express in words. Some people find talking face to face uncomfortable and find it easier to talk while they're using art materials, drama or movement. It's not about being "good" or "bad" at art, but about finding different ways to express ourselves and our emotions.

Counselling and Psychotherapy

This is a space where you can talk 1-2-1 about things that may be causing you difficulty or you want to make sense of, either things that are happening now or from the past.

You can ask at your assessment if you think counselling or arts therapies might suit you. We will also let you know if we're running any groups, we think might be useful or interesting for you to attend.

Project Indigo

Project Indigo is our LGBTQI+ youth group and gives you an opportunity to meet other LGBTQI+ young people in a supportive environment. If you would like to join the group, simply call this number 07976199876 and come along any Thursday 5.30-730 pm
E indigo@family-action.org.uk.

Growing Minds

Growing Minds aims to improve children and young people's emotional health and wellbeing in City and Hackney. The service works with African, Caribbean and mixed heritage young people and offers a range of therapies and interventions.
For referrals and more info please visit Growing Minds
E HackneyGrowingMinds@family-action.org.uk

Therapeutic Drop-In

If you aren't sure if therapy is for you or need to speak with someone whether you are waiting for our service or not, we have a therapeutic drop-in from 4-8pm every Thursday. You don't need an appointment and can speak with our on-duty therapist about anything that's on your mind.

Advice and Information and Key work

We offer advice, information and guidance on a whole range of issues – such as housing, finance and education. We can also help you find training and volunteering activities, as well as advocate on your behalf. We are linked in with lots of organisations so if we can't help, we can refer you on to someone that can. We also offer key working sessions around practical and emotional issues

How can I get help?

Any 16–25-year-old registered with a City and Hackney GP can access our free and confidential services. To make an appointment, simply give us a call, drop in or send us an email.

T 020 8986 4016
E OffCentre@family-action.org.uk

You can contact us directly, ask your GP or someone else in your life to do this for you. We'll ask for some information about you and how you hope Off Centre might be able to help before arranging an initial assessment appointment. This is your opportunity to find out a little more about Off Centre and to talk about what's happening in your life.

Most people come to appointments on their own, but it's totally up to you. If you find it easier to come with someone else, that's fine too.

Opening times

.Booked appointments take place every day from 10am-5pm, with a limited number of later appointments available. We also have drop-ins at the following times:

·**Advice & Information Drop-in**
Monday 3-5pm

·**Therapeutic Drop-in**
Thursday 4-8pm (please arrive by 7.30pm)

·**Project Indigo**
Thursday 5.30-7.30pm

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