

[Back to listing](#)



**Themes:** Counselling, Mental Health

**Aimed at:** Children Age 6-11, Teenagers 12-17

We are a registered charity dedicated to promoting and preserving the mental and emotional health of children and young people throughout Nottinghamshire and Lincolnshire. We achieve this by delivering a range of services:

#### Counselling

Your Space - we provide a confidential counselling service to people aged 6 to 25 from our main office in Newark. There is now a small fee for this service, we are trying to keep it as low as possible and it is based around household income. Please ask for details.

Your Space in Schools - we provide counselling in various schools throughout Nottinghamshire and Lincolnshire (talk to the Pastoral team in your school to see what is available)

Your Space in the Community - counselling delivered in a growing number of community venues, currently Worksop and Lincoln

#### Workshops / Training

For children and young people

We deliver emotional wellbeing workshops and groups in schools aimed at improving the emotional resilience and decision making of children and young people

For school staff and professionals

We provide a range of workshops, training and awareness sessions on emotional health issues and improving skills for working with children and young people  
For parents and carers

We are soon launching a series of talks and workshops aimed at improving understanding of counselling and issues that may be affecting your child's emotional health

Counsellor Development

For counsellors

We provide placement opportunities and ongoing training for newly qualified counsellors

We deliver a full training programme for counsellors on a variety of topics aimed at improving skills for supporting children and young people

**Area:** Bassetlaw

### **Contact Details**

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[Back to Listing](#)