

Blackburn
with Darwen

carerservice

COUNSELLING SERVICES

OFFERING FAMILY
CARERS A SAFE AND
CONFIDENTIAL SPACE IN
WHICH TO EXPLORE
YOUR THOUGHTS,
FEELINGS OR
DIFFICULTIES WITH NO
JUDGMENT



The Carers Service offer up to 8 sessions. Each session is one hour and the sessions are arranged weekly. This takes commitment to attend all the sessions

Our counsellors and counsellors in training are members of the British Association for Counselling and Psychotherapy (BACP).

Telephone 01254 688440 or email for further details office@bwdcarers.org.uk