

Time For Me Therapist

Jacqui Harrison

Jacqui is a qualified play therapist with a post graduate diploma in Non Directive Play Therapy from the University of York and is registered with the British Association of Play Therapists.

She is also an accredited Family Mediator and Member of the College of Mediators, as well as a qualified Social Worker with over 20 years experience of working with children and families in both private and public law cases.



She is registered with the Health and Care Professionals Council and holds an advanced award in Social Work.

Find out more:

break-charity.org
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Break Charity



Families' House is just a 5 minute walk from Norwich City Centre and the bus station, or 15 minutes walk from the train station. Parking is only available for disabled service users.



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Time For Me

break-charity.org

A Therapeutic Service for Children of Separated and Divorced Parents



Families' House



About the project

The Time For Me Project is a new service provided by Families' House through funding from Children in Need.

The aim of the project is to help children (aged 4 - 15 years) who are finding it difficult to cope with the effects of their parents' separation.

Whether parents are recently separated or heavily conflicted about the arrangements for their child, it can be a worrying and upsetting time for the child.

The Time For Me Project provides a service that offers a child 10 therapeutic sessions. This could be individual therapy or attendance at a therapeutic group for children with similar problems.

The Time For Me Project meets with the parents of the referred child to discuss how they can support their child's therapy and work co-operatively to achieve this.

How we aim to help

Some children adapt fairly well to changes in their lives when their parents separate, and others struggle.

Children can be good at hiding their feelings, especially if they think it will upset a parent to show them.

Every child is different and their experience of parental separation and conflict will vary.

The Time For Me Project helps children and young people to:

- Make sense of their reactions to the changes in their lives.
- Find ways of coping with parental conflict
- Express feelings of sadness, anger, confusion, guilt and hurt

How to refer

If you wish to refer a child please contact Families' House for a referral form or visit our website.

The child's parents will then be contacted and invited to an information meeting which provides a chance to discuss their concerns with the therapist and decide whether or not to go ahead with the sessions for their child.

Sessions for the child are planned to take place weekly at the same time on the same day.

The content of the sessions is confidential to the child. A review meeting is offered to the parents as an opportunity to discuss the child's progress and any information the child wishes the therapist to share with the parents.

