

Colin Primary School Counselling Service

Barnardo's Time 4 Me counselling service will be available in all the Colin primary schools again this year. Time 4 Me supports children, families and schools when life gets tough. A Barnardo's counsellor will be coming to our school every week. Our counsellor is called Carrie and she will be in school on Monday afternoons and all day Wednesday.

Counselling really adds to the pastoral supports we offer in school. It helps with the challenges children face that can affect their learning. Time 4 Me supports children and families coping with:

- Worries and stress
- Changes in the family
- Anxiety about school
- Bereavement
- Friendship problems

If you think your child would benefit from counselling speak to Mr O'Neill or Mrs Finnegan or your child's teacher. Carrie will be happy to chat about the service and how it can help. During the pandemic Barnardo's can provide support online as well as in school if required.

