

## Costs of Therapeutic Services \*

(dependent on your circumstances and agreed at your initial assessment)

If you live in:	Children 5-15 years	Young People & Adults (16+)
Calderdale	£20-40 sessional fee	Suggested donation £5-£30 per session
Outside of Calderdale	£25 assessment £50 sessional fee	£25 assessment £45 sessional fee

\* These fees are correct at time of printing - these could be subject to change in the future.

### Opening hours:

Monday: 1.00pm-8.00pm  
Tuesday: 10.00am-8.00pm  
Wednesday: 10.00am-8.00pm  
Thursday: 1.00pm-6.00pm  
Friday: 10.00am-8.00pm  
Saturday: 10.00am-1.00pm



322-326 Ovenden Road  
Halifax HX3 5TJ  
Phone: 01422 300457  
Email: [counselling@noahsarkcentre.org.uk](mailto:counselling@noahsarkcentre.org.uk)  
[www.noahsarkcentre.org.uk](http://www.noahsarkcentre.org.uk)

## Therapeutic Services:

- Adult counselling/psychotherapy
- Young people's counselling/psychotherapy
- Children's therapeutic play
- Rainbows Bereavement & Loss programme

# Noah's Ark Centre

Safe Haven and Place of Hope



**01422 300457**

**[www.noahsarkcentre.org.uk](http://www.noahsarkcentre.org.uk)**

## Why counselling?

We all experience times when life seems unmanageable.

Counselling offers you the space and time you need to explore issues that are important to you.

Things like: anxiety, family breakdown, depression, debt, relationships, confidence, bereavement, abuse, childhood issues, low self-esteem, loneliness, obsession, anger, fear, or anything else that may be troubling you.

## What is counselling?

- A confidential safe space to be listened to, and to explore issues and feelings with a person who neither judges or offers advice.
- It can be an opportunity to explore early relationships to discover how you learnt to relate to others, and to deal with issues. This helps you to decide what you want to keep the same and what needs to change.
- Whatever approach the counsellor uses; client autonomy is the ultimate aim, for you the client to make your own choices and put them into action.

## Our counsellors

Our team of counsellors are trained in a range of therapeutic approaches. Noah's Ark Centre is an organisational member of the British Association for Counselling and Psychotherapy (BACP). All our counsellors are members of the BACP or another recognised professional body for counselling/psychotherapy.

## Costs

The cost of counselling will vary according to your age, the service you require, and your financial circumstances. Please see the back page for more details.

## Rainbows

Rainbows is a structured programme for children aged 4-11, who are experiencing loss of any kind such as death, divorce, coping with serious illness of a family member or a parent serving a prison sentence. The children learn to develop trust, express their feelings, be heard and valued and work together as part of a group.

The groups currently run one day a week after school, over one school term. Parents/carers, schools, and other organisations can refer children on to the programme. Please phone us for further information regarding sites and costs.

## Children & Young People

We offer counselling/psychotherapy to young people aged 11-21, and therapeutic play to children aged 5-11. For children we ask for a commitment to 12 sessions; for young people we advise a commitment to 12 sessions, and an understanding they may require up to a maximum of 24 sessions.

## What happens when I ring Noah's Ark Centre?

Please phone our counselling team for an initial chat, on 01422 300457. If appropriate, we will take referral details for all services. For counselling, we will invite you in for an initial assessment. This lasts for about an hour and is a chance for you to find out more about what Noah's Ark Centre can offer and for us to learn more about you and what's bringing you to counselling.

If you live in Calderdale, we do not charge for the initial assessment, but would ask you to make a donation to Noah's Ark Centre. If you are happy to go ahead with counselling, we will aim to place you as soon as possible, with a counsellor that we feel is appropriate to your needs. All clients will enter into a contract with Noah's Ark Centre and their counsellor, which will be reviewed at least every six sessions or sooner at the client's request.