

Leicester Women's Counselling Centre

offers high quality, affordable counselling for women and girls.

Counselling can help you to make positive, lasting changes. It consists of a weekly 50 minute meeting with a trained and supervised professional and can help you to:

- Understand yourself better.
- Make sense of the thoughts, feeling and behaviours which may cause you distress.
- Become more able to feel, express and manage your emotions.
- Be more confident.
- Express yourself and communicate more effectively.
- Reduce stress and anxiety.
- Improve your relationships with others, including partners, parents, children, friends and work colleagues.
- Support yourself through life changes such as divorce, separation and bereavement.

Contact Us:

Leicester Women's Counselling Centre
3 Museum Square
Leicester LE1 6UF

Tel: 03333 444 304

Email: admin@ndnd.org.uk

Office Hours:

9am - 8pm, Mon to Fri

9am - 8pm, Fri

Follow Us:



counsellingforwomen.org.uk



new
dawn
new
day

a brighter future for women

Leicester Women's Counselling Centre is run by Leicestershire Women's Charity New Dawn New Day who work to transform the lives of women and girls with complex needs, who face multiple disadvantage or who are victims and survivors of abuse and trauma. More information about the work of New Dawn New Day can be found at ndnd.org.uk

Company Limited by Guarantee 2898859
Registered Charity 1034869



Leicester Women's Counselling Centre offers high quality, affordable counselling for women and girls.



Women seek counselling for all sorts of reasons. Typically, women access our services because they:

- Feel depressed or anxious
- Have low self-esteem
- Find it hard to express or manage their emotions
- Have body image and /or food-related problems
- Experienced neglect and abuse in childhood
- Self-harm
- Misuse drugs and/or alcohol
- Struggle to maintain healthy relationships
- Are bereaved
- Have experienced a traumatic event
- They have been a victim of violence, including domestic violence, sexual assault and rape



Counselling can be short or longer term. Everyone's needs are different and there is no time limit as to the number of counselling sessions you can attend.

Leicester Women's Counselling Centre is a social enterprise which means that we are not run to make a profit and generate the income to run the service through fees, training and development, donations and charitable support.

Counselling is "means tested" which means your fee will be based on what you can afford. Special rates are available for students and women in receipt of benefits.

We work with women and girls from the age of 13 upwards.

All our counsellors are qualified to diploma level or above or are in advanced training with a reputable training institution.

All of our counsellors undergo a careful selection process and are also checked through the Disclosure and Barring Service (DBS). They work to the code of ethics of the British Association for Counselling and Psychotherapy (BACP).

Our confidential counselling service is delivered in a safe, welcoming, women-only environment.

"For the first time in years I feel I can look forward to the future"

"I cannot thank my counsellor enough for how she has helped me. I felt I was broken when I came here and this has helped me fix things"

