

# Counselling for parents in Royston during a time of isolation and COVID-19



## NESSie



Supporting Positive Mental  
Health in Schools

[nessieined.com](http://nessieined.com)

## GETTING THE RIGHT HELP FOR YOU AND YOUR CHILD

NESSie has received funding from North Hertfordshire District Council to support parents in Royston with remote counselling.

We appreciate that we are in a difficult times and it may be challenging for you and your family. NESSie has been provided with funding to offer parents free counselling.

The 1-2-1 sessions are for those who may be struggling with aspects lock down and effective ways to support themselves and / or their family.

These sessions are suitable for any parent/carer who would like a supporting and confidential space to share, reflect and restore.

---

## AVAILABILITY

Sessions are available throughout the week; an initial consultation will be booked on a Monday or Tuesday.

You can choose between a video session via Zoom or a phone call.

Places are limited, please be sure to register your interest.

---

**TO BOOK PLEASE REGISTER  
[HERE](#)**