



Newsletter for Professionals and Families

Sharing useful information for families and those who are supporting families. If you have a question, please get in touch.



We here at The Family Information Service hope that spring brings some much needed brightness after a cold, dark winter.

This newsletter is packed with more information to support you and your children or families you work with to understand emotional regulation, support their mental health and wellbeing. We will be sharing some different activity ideas that can be done with all ages as well as a tasty family recipe to try out at home. We will also be highlighting some of the emotional health and wellbeing services available for children and young people within Wales.

AREA43

Area 43 provides an Independent School and Community Based Counselling Service in Powys, the service is available to all children and young people, whether they are in school or electively home-educated. Face-to-face services are delivered between Monday and Saturday 9am to 6pm, all year round, excluding Bank Holidays. Sessions will be 1:1 or in groups (where appropriate) for 10 - 19 year-olds, in either school settings or in the community as required.

Alternatively, They can provide a blended service with online sessions via secure online meeting platforms, expanding the age range to 11 - 25 year-olds depending on the needs of children and young people. All counselling relationships will usually comprise up to eight weekly sessions and in the language of choice.

If you'd like to find out more about the counselling service provided by Area 43, or refer yourself or a young person to the service call 0800 0385778

or visit the website www.area43.co.uk/powys/

