



UKRAINIAN THERAPY SERVICE



- **Fully funded therapy (free to you)**
- **12 weeks of online sessions with qualified Ukrainian therapists**
- **For Ukrainian Women who are staying in Nottingham on Ukrainian support schemes**

WHAT IS THERAPY?

Sometimes it is difficult to talk to friends and family and feel really listened to. Having someone to talk to who you can trust, in a safe and supportive environment, can make a big difference when going through difficult times. Counselling can help you understand yourself and others better. It can give you the opportunity to get a new perspective on your situation and help you to make your own choices about the changes you want to make in your life.

It can also help you learn new skills and strategies to deal with problems and move forward. At Nottingham Women's Centre we believe it is important for you to get support in your first language, if that is what you want. That is why we have created a Ukrainian Therapy service to support women from Ukraine.



Nottingham
Women's Centre
come on in

Charity Registration 1105837
Company Limited by Guarantee 5113835
registered in England & Wales



Nottingham
Women's Centre
come on in

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0115 941 1475

nottinghamwomenscentre.com

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HOW DO I ACCESS THE SERVICE?

Request a Ukrainian Therapy Service referral form by contacting Nottingham Women's Centre.

Email: reception@nottinghamwomenscentre.com

Phone: 0115 941 1475



Complete the details of the form as best as you can and return it to us as soon as possible.

We will email you to let you know we have received your form and find a therapist for you from our team.



The therapist will then contact you directly to arrange an assessment session (by phone or online) in Ukrainian. This assessment is to make sure that therapy is safe and appropriate for you. If there are no concerns for your safety, the therapist will then arrange the rest of the sessions with you directly.

Find out more at
nottinghamwomenscentre.com
or call 0115 941 1475