



People come to counselling for many reasons, including:

Worry

Anxiety

Depression

Relationships

Crisis

Stress

Change

Trauma

Bereavement

a significant life change

a general dissatisfaction with yourself or the world

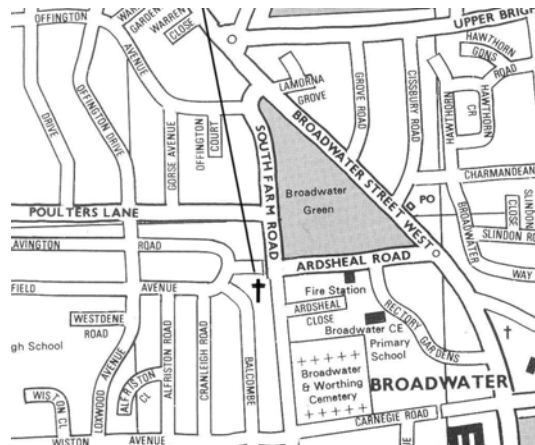


To make an appointment phone us on:

☎ 01903 212275

Or write to:

Offington Counselling Service  
Offington Park Methodist Church  
South Farm Rd  
Worthing  
BN14 7TN



[www.ocs-counselling.org.uk](http://www.ocs-counselling.org.uk)  
Registered Charity No 800992

February 2010



# OFFINGTON COUNSELLING SERVICE

For over 25 years we have been providing high quality counselling in Worthing and district

OCS counsellors are fully qualified or are trainees nearing qualification

Accredited by BACP (The British Association for Counselling and Psychotherapy) and the WPF Therapy network





How much does it cost?

Our standard fee  
is £35 per session

If you are unemployed,  
on benefits, or are unable  
to pay the standard fee, OCS  
is able to support a number  
of clients at a reduced fee

No payment is expected  
if you are under 18

Child (age 16 or under)  
bereavement counselling  
is subsidised by the  
Danielle Henderson Fund



What happens in counselling?

In the first session  
we explore:

Why you have applied  
to us for counselling

Whether we can help

Any questions  
you may have

We will work with you to develop  
resources to aid your  
self-awareness, which will  
facilitate better coping skills to  
deal with life's difficulties

You will meet with the same  
counsellor at the same time, in  
the same room each week

Counselling may continue  
for a few weeks, months or  
longer, as agreed between  
you and your counsellor



We are here for:

Individuals aged 14 or over

Couples aged 19 or over

OCS does not work with those  
currently using non-prescribed,  
classified drugs or who attend  
under the influence of alcohol

We are able to offer advice on  
alternative services and we are  
willing to work with such clients  
when they have withdrawn  
from the above influences