

GREC (Grampian Regional Equality Council)

GREC's Me-Time Counselling Service for Children and Young People

Information:

GREC's Me-Time Counselling Service provides specific, dedicated support and counselling to children and young people affected by prejudice incidents, discrimination, harassment and bullying on grounds of:

- Race (includes Gypsy Traveller Community and Migrant Community)
- Disability
- Gender
- Religion/Belief
- Sexual Orientation
- Age
- Transgender

The project - funded by BBC Children in Need since 2010 - is available to Aberdeen City, Aberdeenshire and Moray's increasingly diverse population of children and young people.

GREC has an established track record for being the lead organisation in equality and human rights matters in the North East of Scotland. Prejudice can manifest in a variety of forms such as verbal abuse, threats via text or email and/or physical attacks.

GREC's Me-Time project aims to support the child or young person in a safe and secure environment, helping them to talk about their feelings and learn ways of coping.

The service is provided by a team of professionally trained volunteer counsellors with a post graduate diploma in counselling, who are members of BACP (British Association for Counselling and Psychotherapy) or COSCA (Confederation of Scottish Counselling Agencies), and who have training and experience in counselling children and young people.

Referrals can be made by teachers, parents, school nurses, social workers, GPs..... and by the children and young people themselves.

Counselling sessions usually take place once a week and last for 45 - 60 minutes. The schools and other venues provide a quiet confidential space. We use a Person-Centred approach and this means that clients are seen for as long as they feel it is necessary.

To make an appointment, please contact the Counselling Co-ordinator:
Molinda Thomson at GREC 41 Union Street Aberdeen AB11 5BN
Tel: 01224 595505 Mobile: 0777 184 8396
Email: mthomson@grec.co.uk