

Express CIC - Counselling Service for parents/carers of children with special needs

06
Apr

🕒 All day
📍 Express CIC, Express CIC, 452 Ewell Road. [View map](#)

Counselling Service for parents/carers of children with special needs

Our counselling service was set up because many people told us that they would find it helpful to have a space to talk through the impact of having a child with special needs. It will be no surprise for you to learn that parents and carers of children on the autism spectrum are disproportionately affected by mental health difficulties. Yet it is also often very difficult for parents to give time to looking after themselves, including accessing services which would support their well-being, such as counselling.

You don't have to be in crisis or feeling really low to access this service - we are here for anyone who would just like to have the opportunity to talk to someone one to one, in a confidential and non-judgemental space. Seeking support before it all becomes overwhelming can be a good idea. We are also available for other family members, such as Grandparents, who may be struggling with caring or coming to terms with a member of the family having an autism or other diagnosis.

We have evening and daytime spaces available. If you are interested in counselling or would like more information, please contact counselling@expresscic.org.uk No referral is needed.

Age range

Age of users

From 16 years to 99 years

Organiser and contact details

Organiser

Express CIC

Email address

info@expresscic.org.uk

Phone

02083904273

Costs

Costs

Discussed on application

Event repeats

Repeats

This event repeats on the following dates:

- 6Apr
- 7Apr
- 8Apr
- 13Apr
- 14Apr
- 15Apr
- 20Apr
- 21Apr

Accessibility

Accessible building

Yes

Accessible toilets

No

Please describe how accessible the toilet area is for example is it a 'Changing Places' accessible toilet, does it have changing facilities, hoists etc

Description of how accessible the toilet area is, it has changing areas and hoists

Parking facilities

No

Dietary needs catered for

N/A

Staff have specialist training

N/A

Who to contact for more information about inclusion and accessibility**Name**

Express CIC

Email address

info@expresscic.org.uk

Phone

02083904273

Event reminders

You can send yourself a reminder email three days prior to events taking place. 'Express CIC - Counselling Service for parents/carers of children with special needs' is taking place on 06 April 2026.

Location map