

***COVID-19 Update: Offering remote, on-line, ‘virtual’ therapy for children, young people, adults and families***

Time to Listen is a local, not-for-profit organisation that specialises in working with children, young people and families and also provides counselling for adults. In light of the coronavirus restrictions Time to Listen is currently offering **remote, on-line or ‘virtual’ therapy** to ensure people can access support during these difficult and isolating times from their own homes.

We understand that coronavirus is inevitably causing huge worry and anxiety for everyone, especially for children, young people and their families following the closure of schools and colleges; and particularly for those who were coping with many other issues in their lives before the spread of the virus. We are therefore offering the following support via video communication technology such as Facetime and Zoom:-

* **Individual counselling** for children, young people and adults
* **Family focused therapy** including **Dyadic developmental psychotherapy (DDP)** for families with children who have experienced early childhood trauma, neglect or abuse especially children in foster care and adoptive families.

Contact Time to Listen via [info@timetolisten.co.uk](mailto:info@timetolisten.co.uk) or fill in an online referral form via the website: <https://www.timetolisten.co.uk/referral-form.html>