

# City Wellbeing Centre we are here for everyone

For couples,  
carers, workers,  
families and  
individuals



Supported by the City of  
London Corporation

The City Wellbeing Centre is a counselling and psychotherapy centre for workers and residents in the City of London and neighbouring boroughs.

## What is our goal?

Our mission for the City Wellbeing Centre is to provide greater access to emotional support and therapy services, especially those that are not easily available through the NHS.

We have a range of new services ready to help workers in the City and residents:

- Couple Counselling
- Individual Counselling
- Free Therapy Support for Carers
- Family Therapy.

## Who is the help for?

Services are available to anyone who lives or works in postcodes EC1–EC4, and anyone who lives in the City of London, and in the London Boroughs of Camden, Islington, Tower Hamlets, Westminster, Hackney, Southwark and Lambeth.

## What is the cost?

Our aim is to make therapy affordable through tiered pricing related to household income, and we have a low fee/no fee service for those whose financial situation might make it difficult for them to pay for therapy.



## Confidential and secure

All sessions are  
confidential and  
flexible, whether this  
is early mornings,  
evenings or weekends.

 020 7380 1960

 [CityWellbeing@TavistockRelationships.org](mailto:CityWellbeing@TavistockRelationships.org)

 <https://www.CityWellbeingCentre.org>



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# Services offered by City Wellbeing Centre

## Counselling for Individuals

We help staff clients or members of the public having difficulties with any of the following:

- depression
- anxiety
- struggles with marital and relationship issues
- challenges relating to family and work life
- sexual problems
- self-esteem issues
- life transitions, such as moving towards retirement.



## Relationship Support/Couple Counselling

Experiencing difficulties in a partner relationship, for any reason, can affect so much of life, and seeking help is an important step towards improving things. Where relationships are under pressure, we encourage people to use our professional help. Our expert, trained therapists offer online or face-to-face therapy for couples.

### What is your approach to couple counselling?

Our approach focusses on strengths in your relationship, which may be under duress at this time, helping couples to recover or hold onto their resilience during periods of change and uncertainty.

Our aims are to provide couples or individuals with the thinking space they need to face the challenges of working in demanding times, to understand the stresses they are experiencing and to mobilise their resources. Although the support involves just six meetings, the benefits may be long-term.



## Free Counselling for Carers

Do you provide unpaid care for someone? The person could be a friend or family member who, due to a lifelong condition, neurodiversity, illness, disability, serious injury, a mental health condition or an addiction, cannot cope without the caring support you provide.

Being an unpaid carer can be rewarding, but it can also come with many challenges. Often those who care for another may have given up things that they enjoyed and may not have the same opportunities to talk about anxiety or frustration.

That's why the City Wellbeing Centre is offering:

- a series of six confidential online or face-to-face counselling sessions
- each session lasting 50 minutes
- available for you alone, or together with the person you care for.

There is also the option of meeting other carers in a group.



## Family Therapy

For those who have challenges with their family dynamics affecting relationships between themselves and their children, we offer time-limited sessions for relationship issues with a family therapist.

Sessions are run online or face-to-face and allow the whole family unit to receive the support together.

The help can be short term or long term.



## Here's what some of our clients say

*Staff are kind and supportive. The counsellor is very patient and warm... I can feel being understood and supported by her."*

*"My therapist was absolutely great. Insightful, thoughtful, measured, supportive, challenging, patient, kind and humorous when appropriate."*

*"I felt I was going around in circles with my partner and now I feel like we are moving forward. I feel acknowledged and heard due to having another person with us during challenging discussions."*

## Corporate partnerships

We work in partnership with City firms, offering a range of bespoke services including training, consultancy and counselling. Companies in the City support the City Wellbeing Centre in a number of ways:

- funding sessions for staff members or contributing to counselling costs for staff
- corporate social responsibility initiatives, fundraising and engagement in community projects
- funding places on our courses for staff CPD programmes
- offering 50-minute webinars on relationships and work, family life, looking after our mental and physical health, working well with colleagues, and managing stress and change
- sharing our details with their staff and introducing us to staff and employees so people know where we are should they need us.





## Block sessions – how the City Wellbeing Centre can work with you

Tavistock Relationships is helping City businesses, large and small, to look after their people, with coaching and counselling sessions available. Use our webinar series and organisational consultancy offer too because all our relationships matter.

We are keen to work with lower-paid members of the 'hidden workforce', contractors and service staff, and we also offer paid-for counselling sessions for staff with a higher earning threshold.

If you would like to talk to us about the six-session programme and how it could help your staff or contractors

- contact us at: **CityWellbeing@TavistockRelationships.org**, or call **020 7380 1960** for more information
- or visit **www.CityWellbeingCentre.org**

## About Tavistock Relationships

Tavistock Relationships has an international reputation as a leading training and research centre in therapeutic and psycho-educational approaches to supporting couples.

- Founded in 1948, we are a non-profit organisation.
- We train the next generation of couple therapists, and provide clinical services to thousands of couples and parents.
- We provide a range of affordable services to help people with relationship difficulties, sexual problems and parenting challenges.



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