

# Children's counselling and play therapy

**Sometimes, it's difficult to express how we are feeling through words.**

Children love to play and many of our counsellors have been specially trained in play therapy which encourages younger children to explore their emotions through creativity using art and toys.

We also use sandbox therapy which involves manipulating figures and natural materials in sand and water. The resulting activity can give our play therapist a valuable insight into how the child is coping with a stressful situation at home, be it illness or loss of a family member or friend.

All our centres have fully-equipped play rooms.

For teenagers we also provide 1-2-1 counselling.



## CancerCare

Support for children and young people affected by cancer or bereavement

**For more information email our Therapy Co-ordination Team.**

**Call:** 01524 381820

**Email:** [tct@cancercare.org.uk](mailto:tct@cancercare.org.uk)

**www:** [www.cancercare.org.uk](http://www.cancercare.org.uk)



**CancerCare**

Registered Charity Number: 1120048

[cancercare.org.uk](http://cancercare.org.uk)

# Re-Fresh peer support group



**Are you aged 12–17 and have been affected by bereavement or have family/friends who have been diagnosed with cancer? If so, Re-Fresh want to hear from you.**

We offer fun, friendship and support for young people at our groups in Lancaster, Kendal and Barrow-in-Furness.

Basically, tell us what you enjoy and we will make it happen!



# Holiday activities programme

**There's no such thing as boredom at Re-Fresh during the school holidays!**

We also run a full programme of activities during the holidays including outdoor adventures such as swimming, mine exploration, team building, den making, climbing and much more. We also have trips to the cinema, Blackpool Pleasure Beach, pet therapy and the occasional pamper day!

So, if you just want to get out of the house for a day, meet new people who are having similar experiences to you - or if you would like to join our regular group - get in touch with us and we will get back to you.



**Fancy joining us? Get in touch and someone will get back to you.**

**Call:** 01524 381820

**Email:** [louise.andrews@cancercare.org.uk](mailto:louise.andrews@cancercare.org.uk)

**Text:** 07860 018278