

# 'Me-Time'

## GREC's Counselling Service for Children & Young People



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

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



We have been able to develop this service thanks to funding received from BBC Children in Need.

Children and young people subjected to prejudice incidents can be extremely vulnerable. All aspects of their lives such as health, confidence, well-being, education and functioning can be affected.

**Me-Time** is committed to changing this through providing space where children and young people can share their feelings, resolve issues and gain a greater sense of control over their lives.

### Counsellors

All GREC's volunteer counsellors are professionally trained and are members of the British Association for Counselling and Psychotherapy. They have had training and experience in counselling children and young people.

Registered Scottish Charity: SC001823



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Equality when you *really* need it

## Contact us:

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