

# \*Free counselling for parents and their children in North Herts



## NESSie



Supporting Positive Mental  
Health in Schools

[nessieined.com](http://nessieined.com)

## GETTING THE RIGHT HELP FOR YOU AND YOUR CHILD

We are offering up to two free remote counselling sessions to support parents or their children in North Herts.

We appreciate that we are in a difficult times and it may be challenging for you and your family. NESSie is offering a parent or their child up to two free counselling sessions from our experienced team of counsellors.

These sessions are suitable for any parent/carer or their child who would like a supporting and confidential space to share, reflect and restore.

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### AVAILABILITY

Sessions are available on a Monday 10am and 2pm, or Tuesday 11am.

You can choose between a video session via Zoom or a phone call.

Each parent or child can access up to 2 free sessions, each session can last up to 50 minutes

Places are limited, please be sure to book an appointment in advance.

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**TO BOOK PLEASE REGISTER  
YOUR INTEREST [HERE](#)**

\*The first two counselling sessions are free of charge. Any additional sessions booked are done so at a cost of £50 per session. There is no obligation to book any further sessions.