



Counselling Service

0121 525 1629



Registered Charity Number **1082017**



Counselling Service

Counselling is known as a 'talking treatment'. This is because you talk to a counsellor who will help you to find your own solutions to recovery.

We believe that the life experiences of many people of African & Caribbean descent can be directly affected by a combination of discrimination and social injustice which can impact on our mood and well-being which can lead to emotional distress.

Your counselling sessions can be held at the Kuumba Centre or nearer to where you live in a community building e.g. library. The service is person centred and has an African & Caribbean cultural focus where appropriate.

To use the service you must be:

- Aged 16 or older.
- Living in Sandwell or West Birmingham.
- Experiencing or recovering from emotional ill-health.
- African, Caribbean or Black Dual Heritage.

The Service is free and confidential

The Service Offers:

- **Counselling Enquiries**

If you would like more information to learn more about counselling, give us a call and we can explain how counselling could benefit you or a relative.

- **One to One Counselling**

This is available to individuals whose life has been affected by long term emotional ill-health.

- **Couples Counselling**

Allows couples to explore the issue of mental ill health as a part of the relationship.

- **Family Counselling**

Available to families affected by the stresses of a relative's ill health.

Opening hours

Appointments are available Monday to Wednesday. For appointments outside of office hours, please see the back of this leaflet for contact information to speak to a member of the team.

Where to find us



Transport

All buses into West Bromwich Bus station or Spon Lane
Nearest Metro Station - Trinity Way

Registered Office Address

KUUMBA CENTRE
Boulton Road, West Bromwich
West Midlands
B70 6NW

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