

Inclusive counselling

My Time Counselling Service CIC

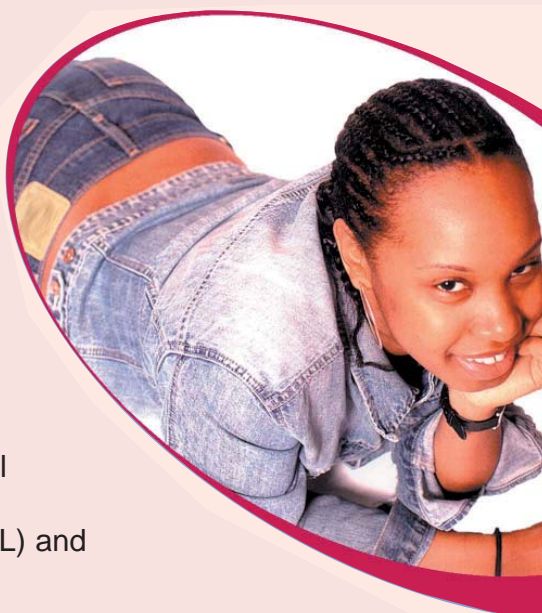
My Time Counselling Service CIC is a social enterprise providing therapeutic services including counselling and confidence building courses. It specialises in providing services that are culturally-appropriate to different groups of people, ranging from asylum seekers to police officers, to ensure that its services are inclusive and accessible.

Situated in Small Heath, Birmingham, My Time has a register of qualified and experienced counsellors based in the West Midlands and delivers counselling services for employers, community organisations, and individuals.

It also develops, designs and delivers holistic courses and programmes based around life themes including self-image exploration, money matters, family life, work and the community.

Since it was established in 2002, My Time has also developed a number of working relationships with a wide range of organisations to deliver projects and courses including:

- Sanctuary - A counselling and financial inclusion project for asylum seekers sponsored by European Union (EQUAL) and Royal Bank of Scotland.
- Men and Women in Health - A confidence building programme for men and women wishing to work in the health and social care sector.
- Research into engagement of women from black minority ethnic communities into adult education in central and East Birmingham.
- Parenting without smacking - Developing resources and support networks for a Birmingham-wide campaign on positive parenting.
- My Voice - A European transnational project with partners in Germany, Italy, Spain and Turkey sharing knowledge and experience to encourage social inclusion.



To discuss how your organisation could benefit from My Time's services, call 0121 766 6699

Facts at a glance

Annual turnover:

£280,000

Staff:

10 staff members

Mission:

Our goal is to enable the individual to break down their internal and external barriers by bridging the gap between personal, workplace and community needs in response to the challenges of a changing world.

Achievements:

My Time has achieved Matrix quality standard and is an Open College Network course provider.

Quote:

"Depression and anxiety effects everyone and the stressful lives we lead in the 21st Century means achieving some kind of life balance is very hard. My Time is trying to develop new culturally appropriate therapeutic ways that enable individuals to find pathways to increased happiness."

Michael Lilley, Director

Contact:

My Time CIC
The Place of Welcome and Hospitality
172 Herbert Road
Small Heath
Birmingham
B10 0PR
Tel: 0121 266 6699
www.mytime.org.uk