

## WELCOME TO THE UMBRELLA GROUP

We provide creative and talking therapies for children, young people and their families in and around Gloucestershire.

When a child or young person is struggling with difficult feelings it can be confusing and lonely for everyone. Creative and talking therapists can support family members to explore and understand difficulties, identify strengths and challenges and to find ways to move forward.

### Issues we can support with include:

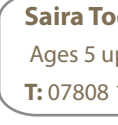
Anxiety • Bullying • Depression • Exam stress and performance anxiety • Family breakdown • Peer pressure • Self-harm • Sexual, physical or emotional abuse • Sexuality • Transitions



## CONTACT US



**Petro Solle** - Play Therapy  
Ages 3 - 13 and parents  
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**Saira Todd** - Arts Psychotherapy  
Ages 5 upwards and parents  
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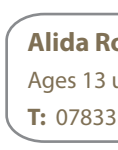
**Nikki Simpson** - Counselling for young people  
Ages 11 upwards  
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**Lin Revington** - Art Psychotherapy and EMDR  
Early years and ages 11 upwards  
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**Rhiannon Duggan** - Counselling for young people  
Ages 11 upwards and parents  
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**Alida Roberts** - Psychotherapy  
Ages 13 upwards and parents  
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**Sarah Anderton** - Counselling (18 plus), Parenting Support & contact for professionals  
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# Umbrella

Creative & Talking Therapies

For Children, Young People & Families



[www.umbrellatherapies.co.uk](http://www.umbrellatherapies.co.uk)

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