

## 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 you 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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Ages 5 upwards and parents

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**Nikki Simpson** - Counselling for young people

Ages 11 upwards

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**Debbie Gaby** - Family Therapy

All ages

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**Rhiannon Duggan** - Counselling for young people

Ages 11 upwards, parents and couples & families

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**Alida Roberts** - Psychotherapy

Ages 13 upwards and parents

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**Juliette Saville** - Counselling for young people

Ages 11 upwards and parents

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**Emma Bartley** - Psychodynamic Counselling

Ages 5 upwards and parents

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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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