

## What we offer ....

- ◇ Formal educational activities delivered within a peaceful woodland environment
- ◇ The addressing of emotional well-being and mental health needs that are preventing engagement in mainstream environment
- ◇ Group therapy and 1:1 counselling sessions
- ◇ Team and motivation building activities
- ◇ Increased emotional resilience, confidence and self-esteem
- ◇ A robust outreach support system to assist engagement within mainstream education
- ◇ Consultation with education professionals to ensure holistic support for students can be maintained within the school environment

*Breathing Space Therapeutic Services CIC is based in a tranquil woodland environment, offering a safe secluded space, conducive to enhancing mental and emotional wellbeing. Our team of therapists are all BACP registered, working to a robust ethical framework.*

## Breathing Space Therapeutic Services CIC

Baggeridge Country Park  
Gospel End Road  
Sedgley  
West Midlands  
DY3 4HB



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

Email:

[info@breathingspacetherapeuticservices.co.uk](mailto:info@breathingspacetherapeuticservices.co.uk)

Phone: 07813 016676/07958 640528

Registration Number: 12389582

## Breathing Space Therapeutic Services CIC



*"Helping every child realise their potential"*



Breathing Space Therapeutic Services CIC is a woodland-based therapeutic provision offering 1:1 therapeutic support and part time intervention to children and young people, identified as at risk of exclusion from education or wider society due to significant mental and emotional health needs.



Worzel, our animal assisted therapy dog 😊

Accessing education can be challenging for children and young people who have experienced adverse childhood experiences, these experiences often impact upon their own education and that of other young people within the school environment. Breathing Space offers these young people a safe environment in which to explore the obstacles that are preventing them from fully engaging in education.

### Animal Assisted Therapy

Humans interacting with animals have found that petting the animal promoted the release of serotonin, prolactin and oxytocin- all hormones that can play a part in elevating moods. AAT:

- Lowers anxiety and promotes relaxation.
- Provides comfort and soothing.
- Assists in the development of self-regulation skills.
- Increases mental stimulation.
- Offers unconditional love and acceptance.
- Can provide an escape or happy distraction.
- Can act as catalysts in the therapy process.
- May reduce the initial resistance that might accompany therapy.

*"Worzel loves me for who I am"*

### Bespoke Packages

As part of our provision, various training courses are available to professionals, parents and carers. These include, yet are not limited to:

- ◇ The Nurturing Programme: a structured 10 week course exploring effective parenting skills and techniques
- ◇ Mental Health Awareness
- ◇ Basic Counselling Skills
- ◇ Grief and Loss
- ◇ Understanding Trauma
- ◇ Understanding Suicide and Self-Harm
- ◇ Shame Awareness
- ◇ Building Emotional Health and Resilience
- ◇ Stress and Anxiety Management

