

BEAR

Our BEAR (Bereavement, Emotions And Resilience) project helps families who have experienced the death of a loved one in the last six months.



This is not one to one work with a child. A therapist will visit each family for up to six weeks, seeing them in or near their home. The therapist provides activities and resources for the family to do together, supporting them on their grief journey together.

Working with Schools

Schools can request one to one therapy services, bereavement groups or training and resources for staff and parents, Or CTRT (Child Teacher Relationship Therapy) Some of these services have a cost associated with them.

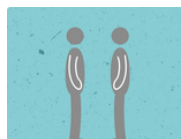


For example, we provide school contracts where a school can have a dedicated counsellor or play therapist for a half day/day each week.

We can give consultation and support for when there has been an unexpected or sudden death in the school community.

Play Therapy and Counselling for Children & Young People

We provide one to one counselling or play therapy to children and young people from 4 – 18 years. We work with children who have suffered a bereavement or domestic abuse. We often work with children who have complex loss which means the child may have experienced trauma or more than one kind of loss.



You can self-refer to this service or schools can refer a child. Please make sure you have the permission of the family before you refer a child and that the child knows about the referral too.

The agreement of the child or young person is always needed for us to work with them.

To begin making a referral to us please go to www.beyondthehorizon.org.uk and find our contact page.

Welcome to...



We help children, young people and families, across Birmingham, who have been affected by bereavement, domestic abuse and parental separation.

If you or your child have faced any of these difficulties we can help you work through your challenges to achieve emotional wellbeing and hope for the future.





The Penguin Project

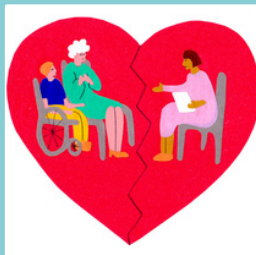
Our **Penguin Project** supports child and parent/carer relationships when there has been a loss or family breakdown. This can be done through four individual sessions of Parent Support, or through our ten-week Child Parent Relationship Therapy course (CPRT).

Heart to Heart

Heart to Heart provides sessions designed specifically for parents or carers and their children or teens.

Heart to Heart provides enjoyable, interactive and low-key activities and resources to help strengthen relationships in a contained and nurturing group.

Our Therapists share evidence-based tools and techniques with all group members to help them manage stress and develop resilience.



Child Parent Relationship Therapy

CPRT is an evidence-based therapeutic parenting course. It teaches parents how to use some of the same skills that play therapists use to help children experiencing social, emotional, or mental health problems.

We run **CPRT** courses in North Birmingham and South Birmingham at different times of the year. Call us on 0121 444 5454 to find out when our next courses are.



Tel: 0121 444 5454
Email: admin@beyondthehorizon.org.uk
(for non referral enquiries)

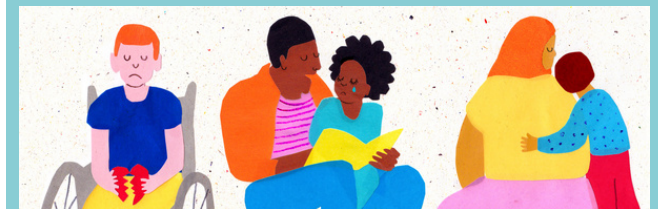
Beyond the Horizon Charity
Moseley Exchange
149-153 Alcester Road
Moseley
Birmingham B13 8JP

Parent Support

We offer parents four one-to-one therapeutic consultations with one of our therapists over the phone or via a video call.

The therapist will create a non-judgmental, empathic space for the parent to talk about their worries and difficulties related to parenting.

The therapist will offer some psychoeducation which can help parents/carers to understand the feelings behind the behaviour of both themselves and their child/ren.



To discuss making a referral about any of our services please go to www.beyondthehorizon.org.uk and find our contact page.