

Cork Counselling Centre: Transforming Lives – Our Development Plan

| Donation | Purpose | Description |
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| €60 | Counselling Session | As a community counselling centre, it is the income from our training services that subsidises counselling fees. People come to the centre because of bereavement, sexual and physical abuse, depression, illness and financial issues. This ensures that the service is available to those who need it most, even though the true cost is €60 per session. |
| € 1,000 | Light Up a Life (10 sessions) | In crisis intervention, the average duration of the counselling relationship is 10 sessions, where a client can slow down and begin to explore issues and examine their options. Your gift of €1,000 will literally help light up someone's life. |
| € 2,500 | Parenting Forever | At times of family breakdown it is difficult to deal with the practical, legal and emotional issues involved and still be an effective and loving parent. This course provides much needed guidance and support at a time of emotional turmoil. |
| € 10,000 | Suicide Prevention (4 schools) | The Suicide Prevention programme is targeted at the school age it is most crucially needed. We cannot meet the demand from schools to supply this but for € 10,500 we can provide this well received programme to 4 schools. |
| € 20,000 | Degree Accreditation | In addition to Foundation level and Diploma level training courses, we are undergoing a degree accreditation which includes FETAC modules. This is necessary to compete commercially. |
| € 50,000 | Library Refurbishment | To enhance the status of our Training Institute we wish to upgrade our library of research material and academic reading material. This will provide us with an opportunity for a new income stream from our Alma Mater. |
| € 70,000 | Training Fellowship Award | To cope with increased demand of the financial crisis and survivors of institutional sexual abuse, we need to increase the number of counsellors. In addition this role would have a large training component. |
| € 80,000 | Outreach Suicide Prevention Counsellor | To systematically target the prevention of young suicide, we would like to be able to offer the course within all schools in Cork city and county. A full time counsellor is needed for this is effective, targeted work. |

As a registered charity all gifts over €250 are fully tax efficient. For further details on making a contribution and information on attractive tax incentives (CHY 8911), please email info@thecounsellingcentre.ie or phone (021) 4274951.

You can also donate online at www.mycharity.ie/charity/thecounsellingcentre.ie