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2016

YORK ST JOHN

COMMUNITIES CENTRE

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YORK
ST JOHN
UNIVERSITY

**Creative.
Collaborative.
Community.**

The Centre offers high quality and accessible community facing services, groups, and projects, to York and North Yorkshire.

E: ysjcc@yorksja.ac.uk | T: 01904 876072 | www.yorksja.ac.uk/ysjcc

Mental health, wellbeing, and community facing services, groups, and projects for communities within York and North Yorkshire.

Counselling

Counselling for a range of difficulties including depression, anxiety, stress, trauma, relationship problems, bereavement, and loss. Clients are usually offered weekly sessions which are initially for a minimum of 10 sessions, and this is regularly reviewed with the possibility for further sessions. Counselling is offered on a sliding scale, from £15 - £55 per session.

Coaching for Wellbeing

Our coaches will support you in making small routine changes to enhance your wellbeing, mental health, and other areas of your life, such as relationships and career. Together, we'll explore what you want from life, help you gain a deeper understanding of yourself and your potential, and guide you in tapping into your inner resources.

Bereavement Services

The Centre provides a free weekly online support group for people who are bereaved or experiencing grief, hosts regular free in person bereavement café sessions, and we have our counselling service which can offer support for those who are experiencing a bereavement. It can be hard to decide what you may need, so please contact our service or come to a bereavement café, and we will help you come to the right decision for you.

Free Drop-ins

We hold various free drop-in's at our premises on Clarence Street, covering a number of different topics – please check our website to see what is currently being provided.

Community Language School

Offering free multiple language classes for children aged 6 to 13 years from migrant, multilingual families, as well as those for whom English is currently the only language in use. CLS supports families in passing down languages to the younger generations growing up in England.

Creative Literacies Hub

A free service welcoming parents, carers, and their children, who would like to learn effective ways of approaching reading and creative writing. We run two programmes: 'Supporting Reading at Home' and 'Creative Writing Together'. Both programmes are held weekly and run for six weeks.

Lauren's Ladies

A free weekly group that provides a space for students (18+ who identify as female) who are either struggling with their mental health or experiencing suicidal thoughts. It is a judgement-free, comfortable space, for people to receive peer-led and therapeutic support in times of need.



Research

As well as our community facing services and projects, we also conduct research into current issues in mental health and have worked with various charities and organisations such as Cruse, IDAS and the National Bereavement Organisation.

Events and Training

The Centre offers training, Continuing Professional Development courses, and workshops such as domestic abuse, anxiety, and trauma. Furthermore, the Centre hosts events and conferences throughout the year such as the annual bereavement conference and various research events covering a variety of topics and themes.

Accessing Services

You can self-refer by completing our online self-referral form, which is available on our website at: www.yorksj.ac.uk/ysjcc Following submission of your form via the website, you will be contacted by a trained member of the Centre team to identify next steps. Referrals can also be made by GPs and other professionals via initial contact with the Centre: ysjcc@yorksj.ac.uk.

Opening Times

The Centre is open to visit from Monday to Wednesday from 9am to 9pm, and Thursday and Friday from 9am to 5pm.

We offer counselling and coaching sessions within our Centre opening hours, and aim to provide dates and times that suit your requirements, although we cannot guarantee an evening or daytime appointment.



Contact

You can find out more information about everything contained within this leaflet by visiting www.yorksj.ac.uk/ysjcc.

Furthermore, you can e-mail ysjcc@yorksj.ac.uk or call **01904 876072**, and leave a message on our confidential telephone lines, and we will return your call as soon as possible.

Where is the Centre

The Centre operates online and from our beautiful premises at 32-34 Clarence Street. The entrance is via the rear, which backs onto the YSJ University campus. Follow the road into the University by 30 Clarence Street and turn left towards Brook Street.

The City of York Council car parks Union Terrace and Lord Mayor's Walk are available nearby.

**For more information about
our services, please visit
www.yorksj.ac.uk/ysjcc**

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Opportunities

Find out how you can get involved at the York St John Communities Centre, from paid roles, volunteering, placement opportunities, and partnerships by visiting our website www.yorks.j.ac.uk/ysjcc.

Groups and Partnerships

As the YSJ Communities Centre is gradually expanding there may be upcoming opportunities to collaborate with the Centre in terms of proposing a new support group or programme, or developing a new external partnership.

With any new project delivered at the Centre, it's important that they are aligned with our core values, mission, and ethos, so please consider this when applying. Please complete the proposal form on our Opportunities page on our website and return directly to the Centre Manager Nicole Jephson on n.jephson@yorks.j.ac.uk.

Supporting the Centre

As with many not for profit organisations, to make sure we can continue to provide the services we do and offer even more, we need the support of the communities we are a part of.

Please visit our website to find out the different ways you can help our community and support the work that we do; from fundraising activities, direct donations, partnerships, volunteering, and more!

yorks.j.ac.uk/support-communities-centre



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