



My Time Counselling Service

Pauline Walker

My Time Counselling Service Manager

Pauline.Walker@epandc.org.uk

M: 0794 4855297

Natalie Kenley

School Drop in and Family Support Therapist

Natalie.Kenley@epandc.org.uk

M: 07903 762008

Who is EPC?

EPC is an independent charity and our work with children with Special Educational Needs/Disabilities (SEND) has been the cornerstone of what we do since 1995.

Over the years we have added services where we have seen there is a need for them, such as parenting support groups and training, fathers' groups, family activities, bike workshops, 'kids clubs' and many more.

We have recently received funding from BBC Children in Need to run a counselling service for 5-18 year olds, who may or may not have special educational needs/disabilities and whose mental health may be at risk.



My Time Counselling Service

The Service will deliver one-to-one face to face and remote counselling to children/young people, referred to the Project.

It will also offer advice, support and training to the parents/carers of those children/young people who have been referred to the Project.

The Service will be offered to children/young people living in Enfield, Haringey and Waltham Forest and some counselling will be delivered in schools, during school hours.

Who we aim to help

EPC are offering their services to eight primary and two secondary schools within Enfield. We aim to reach children and young people who are struggling with their mental health and wellbeing by placing trainee counsellors into these schools.

