



EMOTIONAL HEALTH & WELLBEING

“One size doesn’t fit all - if I left a pair of size five shoes outside the door they wouldn’t fit everyone who came through it. That’s why we work differently with every person; it’s about what works best for them.”

Our Emotional Health & Wellbeing service provides help and support to people of all ages and needs. We help people to tackle issues like separation, divorce, bereavement, self-harm, depression and anxiety.

From play therapy sessions with young children to group sessions in school with teenagers, from work with families to one to one counselling with adults, every member of our team is trained to offer support and tailor their approach to meet individual needs.

**CALL TODAY ON
01772 910340
www.canw.org.uk**

Registered Charity No: 222533

Other specialist intervention services support:

- Low self esteem and confidence.
- Attachment issues.
- Problem solving, coping and resilience strategies.
- Identifying and understanding parent and child patterns of interaction.
- Family Systemic Therapy.

**If you would like more information contact
01772 910340 or visit www.canw.org.uk.**





HELLO, WELCOME TO CANW

Inspiring lives, changing futures...

At CANW we are extremely proud of our innovative portfolio of services designed to support children and young people, families and communities. We passionately believe that every individual has the right to achieve their full potential whatever their background or circumstance.

Our real strength is having the ability to look beyond the obvious problem and find the root causes. The situations that we deal with are complex with many interconnecting factors. This is why we offer a range of services, which have been developed to be complementary and work in harmony with each other, to deliver a complete solution to improving the lives of children and young people, families and communities that we support. Our services are comprehensive and diverse and based entirely on individual needs.

As a result, we directly help to strengthen children and young people, families and communities so that they can lead positive, healthy and meaningful lives.

CANW has been in existence for over 125 years since the founding of Blackburn Orphanage in 1886. Our Head Office in Wilpshire is no longer used as an orphanage, however many of the issues that caused children to be placed there still exist today, and this is why we continue to evolve to meet the needs of children and young people, families and communities.

FOR MORE INFORMATION

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CANW

Child Action Northwest