

A COUNSELLING SERVICE FOR PARENTS & FAMILIES INVOLVED IN DONOR CONCEPTION

Becoming a parent and forming a family is always a complex process full of mixed emotions, hopes and fears. Becoming or being a family that has been formed by donor conception can add another level of complexity. It is important that all parents feel that, when they are worried, concerned or feeling low, they have somewhere that is sympathetic and understands the donor conception dimension to turn to for advice and support.

Because Family Futures is a highly professional, confidential counselling service we have been asked by the Donor Conception Network to develop a counselling service that specifically addresses the needs of parents, children and families whose lives have been touched by donor conception. Family Futures has a reputation for providing parent and family friendly support to families that are formed in diverse ways. We also have an established reputation for working with children and young people and conveying complex and sometimes difficult information to them. We always work collaboratively with parents in involving them in our direct work with children.



What are the issues?

We recognise that there are key issues that anyone involved in donor conception may wish to have help with. These are:

- Whether donor conception is right for you as an individual or as a couple
- What are the implications for family relationships and the parents' relationship with the child
- Talking to children about their origins
- Who needs to know – talking with family and the wider world
- Dealing with sadness and loss
- Talking to teenagers about their origins

How does the service work?

Family Futures is an Ofsted regulated family service offering multi disciplinary assessments, counselling and therapy. Anyone wishing to access our counselling service is offered a free consultation with one of our counsellors. During the consultation the counsellor will discuss the number and frequency of sessions and who should be involved in these sessions. You will then have a chance to consider the plan you have worked on jointly. If you wish to proceed, you will be sent a contract of engagement and plan.

Sessions are held in the evening, though other times are possible by negotiation. Our work is designed to be short term, focused and issue specific.

Our fees

Individual sessions 1.5 HOURS £150
Couple sessions ... 1.5 HOURS WITH 2 COUNSELLORS £250
Family sessions ... 2.5 HOURS WITH 2 COUNSELLORS £350

Meetings with our specialist consultants (fees by arrangement see website for details) ...

Contact details

Please contact Sally Hillman (Family Services Corordinator) at the address below:

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