

# MOVING ON 2GETHER

Delivering **specialist counselling** to **children in care** and **care leavers** looked after by Halton Borough Council

SUPPORT FOR CHILDREN & YOUNG PEOPLE

How can Barnardo's Moving on 2gether (MO2G) Service help me?

MO2G gives you a chance to talk to a Therapist about how you are feeling or about a problem you are having.

Your MO2G Therapist will really listen to what you have to say **without** judging you.



You can talk about **LOTS** of different things with your MO2G Therapist. This might be things like:



past experiences



confidence issues



difficulties in relationships  
or friendship concerns



feeling low, sad, anxious  
or overwhelmed



If it is important to you or making you unhappy, then it is a good reason to come to MO2G



## Will anyone know what I talk about with my MO2G Therapist?

Our service is **confidential**. Your Therapist will not tell anyone else what you talk about with them, unless they have concerns about your safety - or someone else's.

At your first meeting, your MO2G Therapist will explain what confidentiality means.

“ IT'S GOOD COMING HERE AND HAVING SOMEONE TO TALK TO



“ I LIKE TALKING TO YOU, YOU'RE HELPING ME

## How does the service work?



Your MO2G Therapist will meet you (and your carer if you wish) to introduce themselves. They will talk about the service and your needs.

You will meet your Therapist weekly in a place where you feel comfortable - this may be in school, in your residential home or in the community.



You and your Therapist will agree how long your sessions continue for.

We work with children and young people aged 5-25 years.

Coming to MO2G is voluntary, so only you can decide if it is the right thing for you. Lots of young people have said how much it has helped them and it has made a real difference in their life. So why not give it a try? You can contact us yourself on **07563 028 206**, email [movingon2gether@barnardos.org.uk](mailto:movingon2gether@barnardos.org.uk) or speak to your Social Worker about making a referral.