## CONTACT US

**0207 920 6460**

**Opening Hours:**
Monday to Friday,
9:30 am to 5:30 pm

To refer or self-refer:
ikwro.org.uk/referral-form

Please check our website for updates on our counselling waiting list

ikwro.org.uk/counselling

IKWRO.ORG.UK

## OUR SERVICES

IKWRO offers free advice, advocacy, counselling, as well as refuge services which provide safe accommodation and specialist support to single women at risk of "honour" based abuse, forced marriage and domestic abuse.

IKWRO provides bespoke training sessions which are tailored, on the harmful practices of "honour" based abuse, forced marriage, child marriage, female genital mutilation and domestic abuse. This training is suitable for all professionals working with clients who may be at risk of harmful practices.

@IKWRO

IKWRO
WOMEN'S RIGHTS ORGANISATION



***TEL: 0207 920 6460***
COUNSELLING@IKWRO.ORG.UK

## Who is the Counselling Service for?

We provide counselling in Kurdish Sorani, Arabic, Farsi, Dari, Turkish, Pashto, and English to women and girls over the age of 14 years old. We accept referrals from all London boroughs.

## Important Information:

IKWRO is not an emergency service (If your life is in immediate danger or you're actively experiencing suicidal thoughts, please call 999 to contact the police or the emergency services).

Attending counselling needs to be your own choice when you are ready. We are here to listen and empower you to process your experiences and take steps toward healing at your own pace.

## Our Service Offers

**Trauma-informed approach** tailored to your needs

**Between 16 - 20 weekly individual counselling sessions (50 minutes)** with the number of sessions agreed upon during assessment based on the counsellor's judgment and the client's needs.

**Safe, confidential space** for in-person or online sessions

Group counselling sessions are offered occasionally.

*All counsellors are members of a recognised professional body and are accredited or working towards accreditation. They adhere to the BPS (British Psychological Society) and the BACP (British Association for Counselling and Psychotherapy) code of ethics and receive regular clinical supervision.

IKWRO provides free counselling for women who have been affected by domestic violence and/or harmful practices. This includes "honour"-based abuse, forced marriage, child marriage, female genital mutilation (FGM), domestic abuse, rape, and sexual assault.

## What is Counselling?

Counselling is a form of talking therapy that provides support and guidance to help people cope. It offers a safe, confidential space where the focus is on the client to talk about issues that concern them. Counselling is not about giving advice or telling you what to do. Instead, it can offer a space to express, explore, and understand different perspectives on your experiences.