

Therapies, Benefits and Counselling Sessions

We offer **FREE** therapies, benefits and counselling sessions

Therapies Sessions

If you feel like you need a bit of 'me time' we have a massage therapist who provides free therapeutic massages. Sessions range from 20 to 30 minutes for either hand, shoulder head or back massages. These sessions are for autistic adults, adult carers and parent/carers



Counselling Sessions

We offer a free counselling service which is a talking therapy with a trained professional. You will be required to undertake an initial assessment to ensure this is the right service for you. These sessions are for parent/carers of children/young people with autism, adults with autism, and carers of adults



Benefits Sessions

If you are unsure what benefits you might be eligible for, or if you need help filling out PIP, DLA, or Attendance Allowance forms, we can help. We provide face to face and telephone appointments at the Carers Centre in Doncaster. These sessions are for autistic adults, adult carers and parent/carers



Please see our website for eligibility, dates and to book. If you have any enquiries please contact Doncaster Parents Voice on :

T: 01302 637566

E: dpvevents@doncastercarers.org.uk

W: www.doncasterparentsvoice.co.uk

