

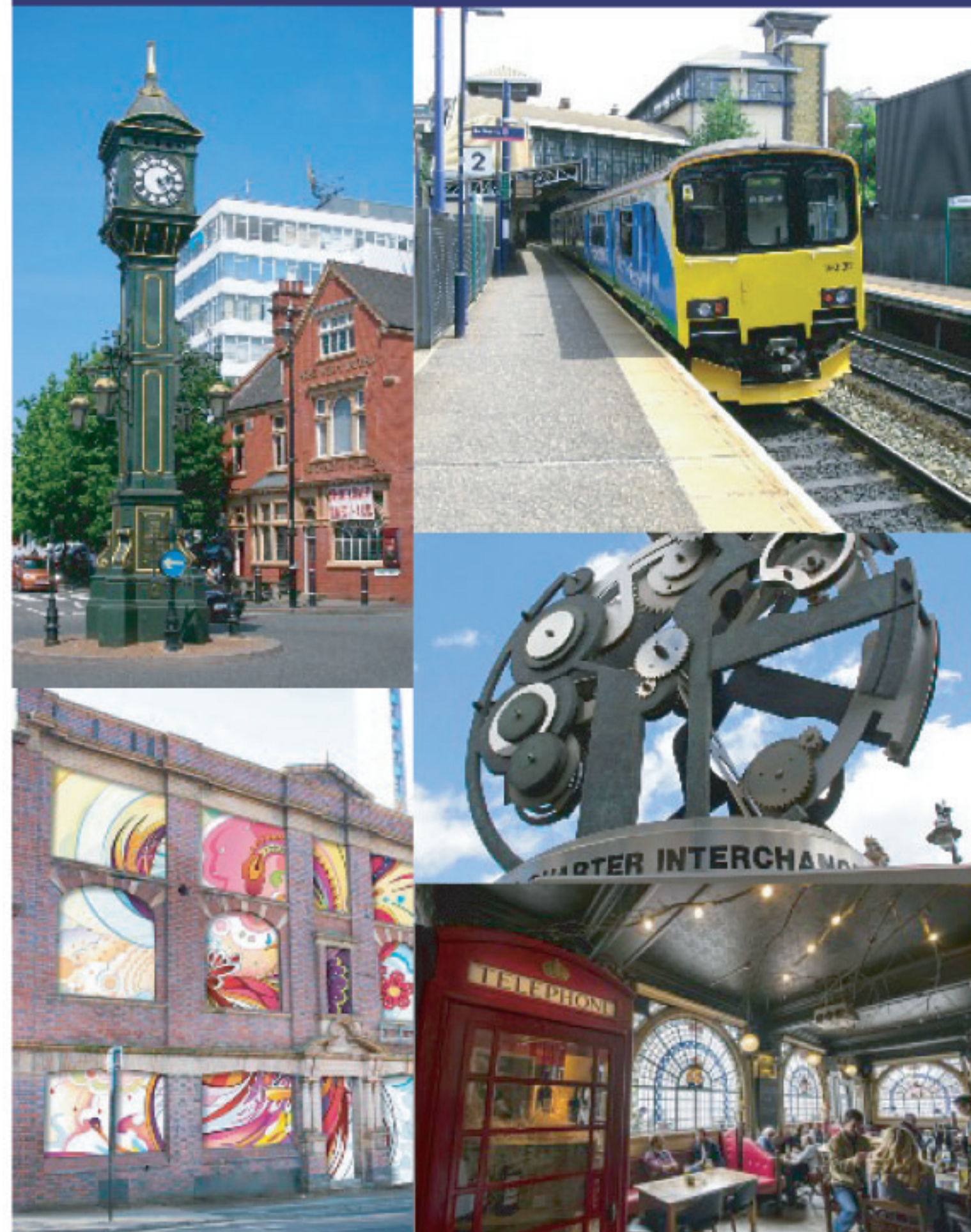
Opening Times

Mondays - Fridays 10am - 7.30pm
Last appointment 6.30pm

Occasional Saturdays 10am - 12pm
Last appointment 11am



**Solution Focused
Brief Therapy**



Please visit
<http://www.the-quarter.com/travel-info-and-map>
and <https://www.networkwestmidlands.com/>
for information about travel and on street parking.

The No 8 bus stops on Warstone Lane and the 16, 74 & 75 stop on Great Hampton Street.
The Metro and Train station is one minute walk away.

The Big Peg is a 15 minute walk from Birmingham Cathedral along Newhall St, Graham St and Frederick St.



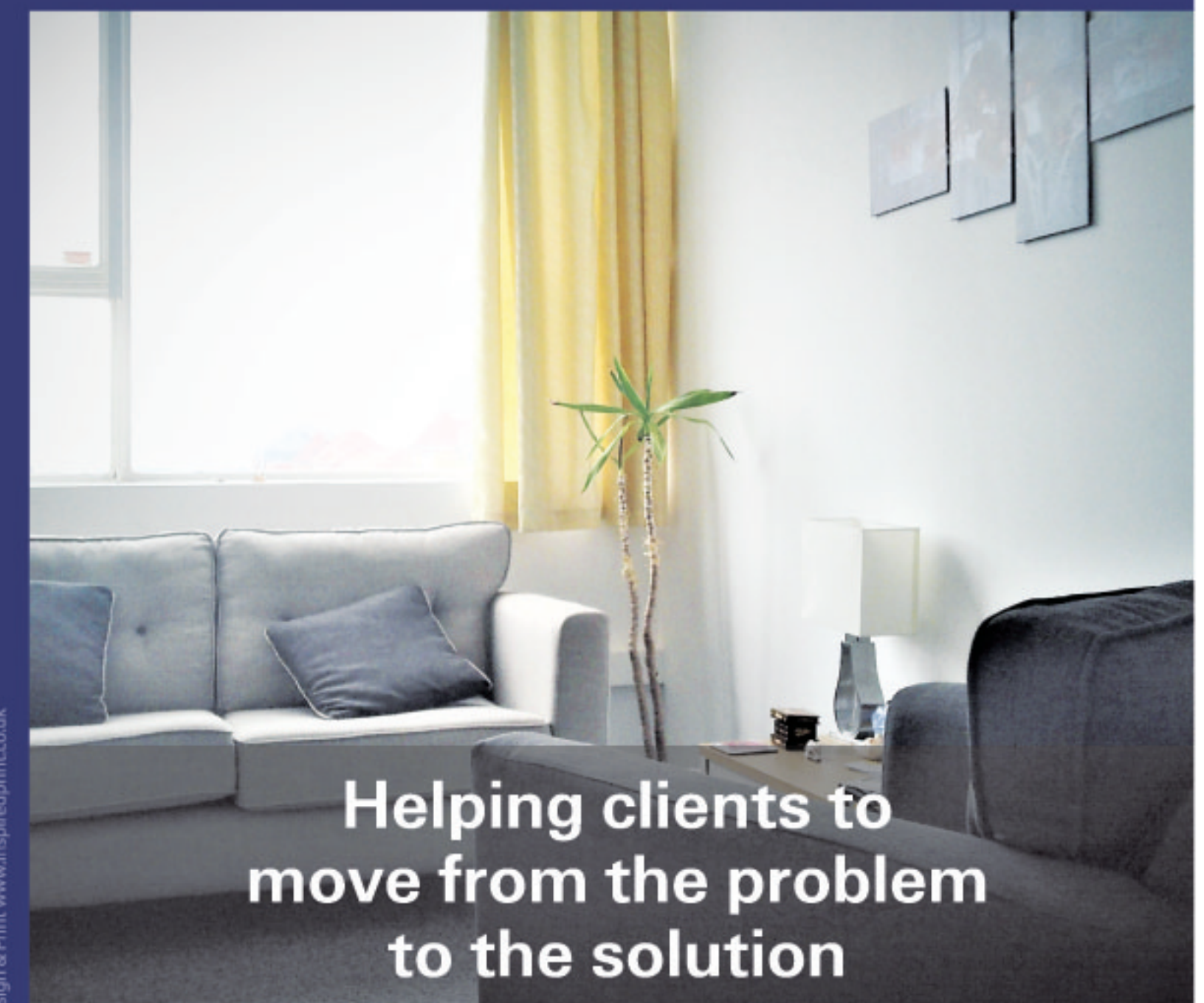
Birmingham Brief Therapy, Room 208b,
The Big Peg 120 Vyse Street,
Jewellery Quarter, Birmingham B18 6NF

sf@changebrieftherapy.org
www.changebrieftherapy.org



Reg Charity No. 1037463

Counselling



**Helping clients to
move from the problem
to the solution**

What is 'Solution-Focused' Therapy?

In the solution-focused approach, we look at solutions, rather than the causes.

We are interested in those times when you are already acting in ways that are not part of the problem and help clients move on from there.

We cannot predict how many times an individual will need to come, but we work on a maximum of six sessions. It should take no more than you need - if only one session is all you need, that's fine. That's why we call it brief therapy.



How to book an appointment



Please call the office on
0121 638 0670.

If you leave a message please give your name, telephone number and the best times to call back.

OR

You can use our online booking form link on the Home page of our website.

www.changebrieftherapy.org

Please note:
we have two booking forms based on age groups.

We don't have a waiting list and an appointment will be given to you within two weeks.

Some information about Change

Change Birmingham Brief Therapy has been in existence as a charitable agency since 1991.

The agency works within the Ethical Framework for Good Practice as set out by the British Association for Counselling and Psychotherapy (BACP)

A copy of our complaints procedure is available upon request.

COUNSELLING OFFERED AT CHANGE IS STRICTLY CONFIDENTIAL

Except in the case of:

- a risk of serious harm to a client
- a risk of serious harm to another person known to the client
- a risk of harm to a child under 16