

HOW MUCH WILL IT COST?

The Services provided at the Koram Centre are currently free.

The Centre continues to explore ways of generating funds and it is grateful for any donations received.

IS THERE A WAITING TIME?

There is no waiting time for our Listening Ear Service and this means people receive support when needed.

Access to Counselling is by appointment only.



MISSION STATEMENT

"To provide a caring and confidential, listening ear service with access to counselling. This support service is open to all".

In order to achieve this core purpose the Centre has identified five key areas of work:-

- ◆ *Listening Ear Service*
- ◆ *Counselling*
- ◆ *Group Support Work*
- ◆ *Outreach work*
- ◆ *Research*

ICPD

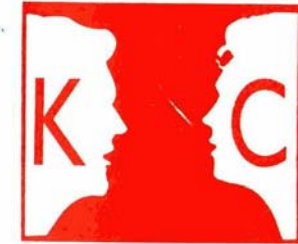
The Koram Centre prides itself in its working relationship with the Institute for Counselling and Personal Development (ICPD).

The Institute provides support and supervision to the Centre.



J.D. Print - Tel/Fax: Strabane 71 885585

KORAM



CENTRE

THE
KORAM CENTRE
*"Strabane's Listening Ear
& Counselling Service"*

"Strabane's Listening Ear & Counselling Service"



CENTRE
3 Mourne Villas,
Lower Main Street,
STRABANE BT82 8BG.

Help-line No.
028 7188 6154

Office: 028 7188 6181
Fax: 028 7188 6456
E-Mail:
koramcentre@hotmail.com

Do you need someone to talk to?
Someone who will really listen assuring you of care & confidentiality.
-Give us a call, we are here for you!

**When you feel you can't go on
Pick up the phone**



**When you feel all alone
Pick up the phone**

We are here because - We hear

WHO IS IT FOR?

The Koram Centre offers a confidential Listening Ear Service for all those aged 17 years and above.

WHY SHOULD I CALL?

21st Century living is stressful. Many of us have learned negative ways of dealing with stress. If you feel troubled in any area of your life then call us.

Living here in Northern Ireland has brought its own share of problems. The Koram Centre therefore recognises the need to also be there for those affected by political violence.

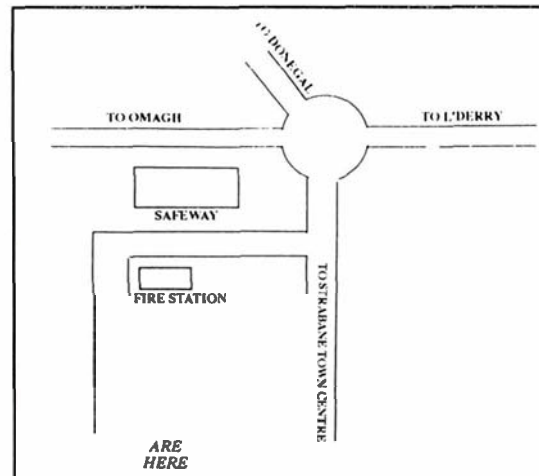
HOW WILL IT HELP?

All the Volunteers who provide our Listening Ear Service are caring people from across the district.

They have undertaken specific training in listening skills and continue to update their training regularly.

Anyone calling or visiting the Centre is treated with respect, regardless of why they have made contact. Some people want to receive advice and to be told the "right" thing to do.

Advice giving is not part of our LISTENING EAR SERVICE. What it does is to provide an opportunity for persons to explore their own thoughts, feelings and concerns and to identify solutions for themselves. When in a friendly relaxed atmosphere people often find that after talking they themselves know what to do.



INDIVIDUAL COUNSELLING

Our Listening Ear Volunteers are not Counsellors, but the Koram Centre recognises that some people may need a little more structured support and so the Organisation offers professional Counselling on an appointment basis.

CONFIDENTIALITY

The Listening Ear Service is bound by a strict code of confidentiality. Both the Counsellors and those providing the Listening Ear Service strictly adhere to BAC Code of Ethics and Practice.

HOW DO I GET IN TOUCH?

All it takes is a phone call. If you prefer to talk about your problems on the phone, then use our **help-line number (028) 7188 6154 - Monday to Friday 10-00 a.m. - 4-00 p.m.**

Or ring our office number (028) 7188 6181 to arrange a time suitable for you to meet with a Listening Ear Volunteer.

Alternatively, come into the Koram Centre, 3 Mourne Villas, Lower Main Street, Strabane.

Fax No.: 028 7188 6456

E-mail: koramcentre@hotmail.com