

We are **CANS**
COUNSELLING
ALL NATIONS
SERVICES

CANS is established in response to the current gap identified in culturally specific counselling service provision for people from black and Minority Ethnic (BME) communities resident in Northern Ireland.

Administrative Office

**Counselling All Nations Services
(CANS)
c/o 178A
Kingsway
Dunmurry
BT17 9AD**

www.counsellingallnations.org



**Counselling
All Nations
Services
(CANS)**

Client Opening Hours:

Monday	9.30am	- 8.00pm
Tuesday	9.30am	- 8.00pm
Wednesday	9.30am	- 8.00pm
Thursday	9.30am	- 8.00pm
Friday	9.30am	- 8.00pm
Saturday	9.30am	- 8.00pm
Sunday	10.00am	- 6.00pm

Client work is approved at different locations closer to the client or other preferred locations.

CANS is established to preserve, protect and promote mental, emotional and psychological health and wellbeing, and to promote social inclusion, equality and diversity. We work to relieve anxiety and stress and to promote the interest of the black and minority ethnic (BME) communities resident in Northern Ireland.

We are an equal opportunity organisation with no discrimination on grounds of age, gender, disability, sexual orientation, ethnic identity, political or religious opinion. We work in collaboration with the statutory authorities, medical and other public health bodies, as well as community and voluntary organisations in a common effort to promote health and relieve suffering affecting mental health and emotional wellbeing of people from BME communities.

VISION: to improve and enhance the quality of life for Black and Minority Ethnic individuals and communities.

MISSION: to support and promote the mental health and emotional well-being of people from Black and Minority Ethnic communities through the provision of culturally appropriate, high quality and accessible counselling.

Objectives:

- to improve the emotional, physical and mental health of people from BME communities in Northern Ireland;
- to provide a free, and effective, culturally sensitive or common minority ethnic language professional counselling to people from Black and Minority Communities in Northern Ireland who are experiencing difficulties in their lives;
- to provide a safe environment to enable clients to explore any issues that are adversely affecting their lives;
- to offer high quality training through seminars and workshops to ensure quality standards in staff development to key individuals, groups and agencies across Northern Ireland.



www.counsellingallnations.org

Our model:

- It is our aim to provide culturally sensitive counselling support or in common minority ethnic language to people living and working in Northern Ireland whose first language is not English.
- Counsellors at CANS specifically trained and culturally sensitive if preferred will work with clients in their own common language or cultural heritage.
- When required and where possible counsellors will work with interpreters.

What is counselling:

Counselling is a process of talking to a culturally sensitive or common minority ethnic language professional counsellor in a confidential space about your problems, thoughts, and feelings in order to find ways to deal with any issues causing you problems or difficulties and to enjoy an improved quality of life.

All our counsellors working in CANS are fully qualified and members of a professional counselling body that work to a code of ethics and conduct.