



Est.  
2016

YORK ST JOHN  
**COMMUNITIES  
CENTRE**

Est.  
1841

**YORK  
ST JOHN  
UNIVERSITY**

**Creative.  
Collaborative.  
Community.**

The Centre offers high quality and accessible community facing services, groups, and programmes, to the community of York and North Yorkshire.

**E: [ysjcc@yorks.ac.uk](mailto:ysjcc@yorks.ac.uk) | T: 01904 876072 | [www.yorks.ac.uk/ysjcc](http://www.yorks.ac.uk/ysjcc)**

# Mental health, wellbeing, and community facing services, groups, and projects for communities within York and North Yorkshire.

## Counselling

Counselling for a range of difficulties including depression, anxiety, stress, trauma, relationship problems, bereavement, and loss. Clients are usually offered weekly sessions which are initially for a minimum of 10 sessions, and this is regularly reviewed with the possibility for further sessions. Counselling is offered on a sliding scale, from £15 - £55 per session.

## Coaching for Wellbeing

Our coaches will work with you in helping to make small routine changes to support your wellbeing and mental health, and other aspects of your life such as relationships and your career. From exploring what you want out of life, learning more about yourself, your potential, and tapping into those resources. This is offered on a sliding scale, from £30 - £50 per session.

## Bereavement Services

The Centre provides a bereavement counselling service, a free weekly online support group for people who are bereaved or experiencing grief, and hosts a number of free in person bereavement café sessions throughout the year. It can be hard to decide what you may need, so please contact our service or come to a bereavement café, and we will help you come to the right decision for you.

## Community Language School

Offering free multiple language classes for children aged 6 to 13 years from migrant, multilingual families, as well as those for whom English is currently the only language in use. CLS supports families in passing down languages to the younger generations growing up in England.

## Free Drop-ins

We host a number of free drop-in's at our premises on Clarence street from breastfeeding to epilepsy support – please check our website to see what is currently being provided.

## Lauren's Ladies

A free weekly group that provides a space for students who identify as female, who may be experiencing suicidal thoughts. It is a judgement-free, comfortable space, for people to receive peer-led and therapeutic support who are struggling or in times of crisis.



## Research

As well as our community facing services and projects, we also conduct research into current issues in mental health and have worked with various charities and organisations such as Cruse, IDAS, the National Bereavement Organisation.

## Events and Training

The Centre offers training, Continuing Professional Development courses, and workshops such as domestic abuse, anxiety, and trauma. Furthermore, the Centre hosts events and conferences throughout the year such as the annual bereavement conference and various research events covering a variety of topics and themes.

## Accessing Services

You can self-refer by completing our online self-referral form, which is available on our website at: [www.yorksj.ac.uk/ysjcc](http://www.yorksj.ac.uk/ysjcc) Following submission of your form via the website, you will be contacted by a trained member of the Centre team to identify next steps. Referrals can also be made by GPs and other professionals via initial contact with the Centre: [ysjcc@yorksj.ac.uk](mailto:ysjcc@yorksj.ac.uk).

## Opening Times

The Centre is open to visit from Monday to Wednesday from 9am to 9pm, and Thursday and Friday from 9am to 5pm.

We offer counselling and coaching sessions within our Centre opening hours, and aim to provide dates and times that suit your requirements, although we cannot guarantee an evening or daytime appointment.

## Contact



You can find out more information about everything contained within this leaflet by visiting [www.yorksj.ac.uk/ysjcc](http://www.yorksj.ac.uk/ysjcc).

Furthermore, you can e-mail [ysjcc@yorksj.ac.uk](mailto:ysjcc@yorksj.ac.uk) or call **01904 876072**, and leave a message on our confidential telephone lines, and we will return your call as soon as possible.

## Where is the Centre

The Centre operates online and from our beautiful premises at 32-34 Clarence Street. The entrance is via the rear, which backs onto the YSJ University campus. Follow the road into the University by 30 Clarence Street and turn left towards Brook Street. The City of York Council car parks Union Terrace and Lord Mayor's Walk are available nearby.

**For more information about  
our services, please visit  
[www.yorksj.ac.uk/ysjcc](http://www.yorksj.ac.uk/ysjcc)**

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### Opportunities

Find out how you can get involved at the York St John Communities Centre, from paid roles, volunteering, placement opportunities, and partnerships by visiting our website [www.yorksja.ac.uk/ysjcc](http://www.yorksja.ac.uk/ysjcc).

### Groups and Partnerships

As the YSJ Communities Centre is gradually expanding there may be upcoming opportunities to collaborate with the Centre in terms of proposing a new support group or programme, or developing a new external partnership.

With any new project delivered at the Centre, it's important that they are aligned with our core values, mission, and ethos, so please consider this when applying. Please complete the proposal form on our Opportunities page on our website and return directly to the Centre Manager Nicole Jephson on [n.jephson@yorksja.ac.uk](mailto:n.jephson@yorksja.ac.uk).

### Just Giving

Your donation makes a great difference! It supports us to cover the costs of providing free services such as our community language school, bereavement group and café's, student suicide support group, and drop-ins such as the weekly breastfeeding group.

As our income grows, so too does our team of co-ordinators, assessors, supervisors, counsellors, coaches, and group facilitators. Anything that you are able to donate can help support the work we do and the services that we offer to our community.

[www.justgiving.com/campaign/ysjcc](http://www.justgiving.com/campaign/ysjcc)



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