

Individual therapy for children and young people aged 13+

Sadly, childhood sexual abuse affects too many children and their families.

Whether your child has been harmed by another child or adult, our specially trained trauma-skilled counsellors can help them.

If your child's case is going to court, we can support them then as well as all our therapists have been trained in pre-trial therapy.

Group support for parents

We can also help you as we have a new support group for parents whose children have been sexually harmed. Please contact Sian for further details: hello@livingyourlife.org.uk
Tel: 07792 938 089

Individual therapy for men

Specialist counselling support is also available for male victims of domestic abuse and sexual violence.

Tel: 07792 938 089

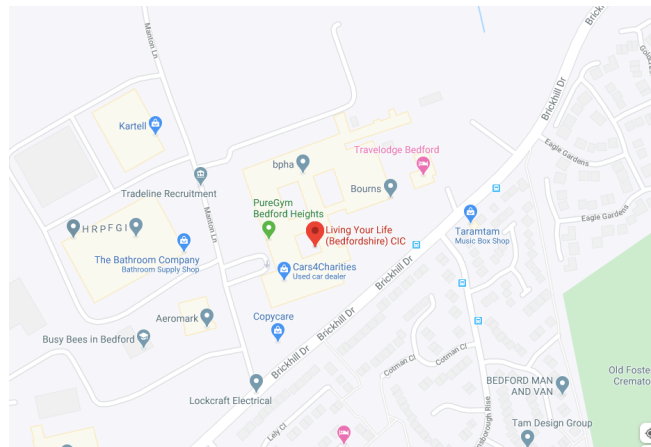
Email: hello@livingyourlife.org.uk

Web: www.livingyourlife.org.uk

Location: We have various locations across Bedfordshire, but our head office is in central Bedford:

Bedford Heights
Manton Lane
Bedford
MK41 9PH

Parking at Bedford Heights: there is plenty of free car parking onsite. If car park 1 is full, please go to car park 2 (entrance next to Travellodge) where there is an extensive car park.



Living Your Life (Bedfordshire) CIC
Email: hello@livingyourlife.org.uk
Tel: 07792 938 089



Counselling | Coaching | Workshops

Specialist help for those affected by domestic and sexual abuse.



empowering you
to live
and grow

Living Your Life (Bedfordshire) CIC
is a local not-for-profit organisation
Company registration 12253447

Group Support

Our clients told us that they would like to attend small groups where they can meet others with similar experience to gain knowledge and skills to help to cope with, develop resilience and recover from those experiences.

The Ministry of Justice has listened and is funding these projects for 2024-25. If you would like to join us, please contact Sian by emailing:
hello@livingyourlife.org.uk

Each inclusive and affirmative programme will be tailored to meet the needs of all participants - simply tell us what you need and we'll make sure it's included.

Two trauma-informed facilitators will be in each group drawing on the latest neuroscience as well as coaching and counselling tools to help you gain the knowledge and skills that will be most helpful to you.

Breaking Free

If you are aged 18+ and have survived childhood sexual abuse, this 2-hour group running over 12 weeks aims to:

- help you break free from its impact
- improve your self-confidence.

The next group starts in April 2024.

To register your interest please contact
Email: hello@livingyourlife.org.uk
Phone: 07792 938 089



Understanding Self and Others

If you have experienced sexual abuse at home and find co-parenting with your ex is challenging, this 2-hour group running over 8 weeks aims to help you to:

- improve your self-esteem
- understand complex relationships
- gain confident communication skills.

The next group starts in April 2024.

To register your interest please contact:
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Phone: 07792 938 089

It's My Life

If you have survived male sexual abuse, recently or otherwise, this 2-hour group running over 12 weeks will give you the support you need.

The next group starts in January 2024.

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