

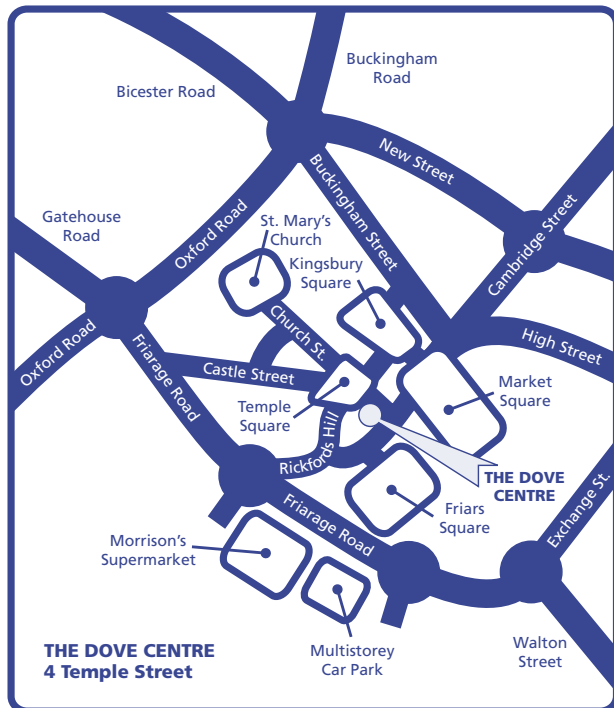
The Dove Centre

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Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

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The Dove Centre



The Dove Centre

The Dove Centre has provided a community based counselling service in Aylesbury and surrounding areas since 1990. The Dove Centre is one of a range of services provided by Buckinghamshire Mind.

Our core purpose

Our core purpose is to provide a counselling service that is available to clients regardless of age, gender, sexuality, disability, religion or background.

What is counselling?

Counselling is a contractual arrangement whereby a counsellor meets a client to explore dissatisfactions or difficulties, which the client is experiencing.

By listening attentively the counsellor begins to perceive the difficulties from the client's point of view helping the client to see his or her problem from a range of different perspectives. Counselling is a way of reducing confusion and supporting clients to make changes without offering advice.

Is counselling the right choice for me?

We will arrange a convenient time for an initial appointment to discuss your concerns and help you decide whether or not we can provide the support you are seeking.

Other services

'Steps' Children's Play Therapy Service
Anger Management Programmes
Stress Management Workshops

The Counsellors

We have an experienced team of paid and volunteer counsellors who are qualified or in the advanced stages of training. All counsellors adhere to the Ethical Framework for Good Practice in Counselling and Psychotherapy and are subject to the professional conduct procedure therein.

How much does it cost?

As a charity, the organisation asks clients to contribute towards the operational costs for each session. A sliding scale based on circumstances is discussed with clients at their initial appointment.

Testimonials

'counselling has helped me in ways I never could have imagined'

'I see things more clearly and have changed the way I feel about myself'

'I've returned to work, thank you'

Buckinghamshire Mind

Who are we?

Buckinghamshire Mind is an independent registered charity that for over 90 years has been involved in the promotion of good mental health through education, campaigning and the provision of services across the county.

What do we do?

We provide a range of mental health services across the county in partnership with statutory bodies i.e. Social Services and Buckinghamshire Primary Care Trust. In addition we are able to offer other services that we fund independently. Our services are run by a combination of paid staff and volunteers and we strive to ensure that service users are central to all that we do.

What do we aim to achieve?

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

Our relationship with National Mind

Although we are an independent charity we form part of the network of Local Mind Associations linked to the national charity Mind. (www.mind.org.uk)