



**BEST
START
IN LIFE**

Chorus
Children & parents together

CHILDREN & FAMILY MENTAL HEALTH & PARENTING SUPPORT SERVICE

City Chorus

Who we are

The City Chorus Child and Family Relationship Service is an emotional and mental health resource for children aged 0-19 (25 with SEND) and their families who live or work/study in the City of London. Our aim is to support families as early as possible, to prevent difficulties from escalating.

We are a small team who work closely with the City of London child and family workforce. The team consists of:

- Dr Eva Crasnow, child and adolescent psychotherapist, clinical lead
- Dr Laura Casale, clinical psychologist, specialist community child and family clinician

We also have assistant psychotherapists and trainee psychotherapists on placement with us.

What we offer

We offer free psychological support to families on any aspect of emotional health. We do this through:

Consultation - a 45 minute thinking space with a therapist to develop a shared understanding of what might be happening emotionally for your child/ren and what next steps might be to support them.

Assessment - one or two sessions to think more deeply with a therapist about the child's needs and current family context, develop a shared understanding and plan for next steps.

Brief therapy - up to six sessions of psychological support to address the issues raised in assessment. The type of therapeutic approach will depend on the child and family needs.

Who is the service for and where does it happen?

Any family with a child 0-19 (25 with SEND) who live or work/study in the City of London can access this service. We meet in the Family Hub locations across the City and can come to homes or offer online sessions where needed.

How to get in touch

The best way to contact us is by email: city@chorusfamilies.co.uk. We will get back to you within 3 days. We are not an emergency service, if you have urgent concerns please contact 111.