



CHILDREN & FAMILY MENTAL HEALTH & PARENTING SUPPORT SERVICE

City Chorus

Who we are

The City Chorus Child and Family Relationship Service is an early intervention 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.

The team consists of:

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

Our team also includes assistant psychotherapists and trainee psychotherapists on placement with us.

What we offer

The service includes a family offer and a workforce offer.

Family offer:

- Consultation - a 45 minute thinking space with a clinician 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, experiences 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.

The workforce offer is:

- 1:1 Consultation – a 45 minute thinking space with a therapist to develop a shared formulation about the mental health needs/psychological perspective on a family you are working with.
- Group Reflective Practice – a consistent group of staff coming together to think about dilemmas arising from work with families and/or professional systems from a psychological perspective.
- Training – on a range of mental health and emotional development issues.

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 can come to homes or offer online sessions where needed. Any member of the City Children's workforce can access the workforce offer.

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.