



# Supporting Children through Life Changes

[www.pecuchelpline.com](http://www.pecuchelpline.com)

Counselling support from 11 am to 1 pm

## We help children overcome a wide range of problems

- Depression
- Outburst of anger/aggression
- Poor self-image
- Facing abuse—mental, physical & sexual
- Difficulties in schooling
- Suicidal thoughts
- Drug abuse
- Increased conflict with family/friends/teachers
- Problem concentrating
- Self-harm behaviours
- Anxiety or fear
- Change in appetite or sleep pattern
- Bullying

## Helping restore child's well-being and increase positive behavior

Our counsellors can provide positive solutions for your child. We'll work together to help your child:

- Increase self-esteem
- Manage anger
- Recover from traumatic experience & emotional distress
- Strengthen social skills
- Develop self control
- Decrease conflict with family or others
- Increase positive behaviour at home, school & public places
- Restabilize

People's Cultural Centre (PECUC) aims at providing online help to children who are in need for care and protection.

Together we will set goals and work toward resolving these difficulties. Counseling can help better understand the problem, find solutions, identify strengths and find new ways to improve your child well-being.

**Free Counselling support for Children and Parents**

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# KNOW THE SIGNS- HELP YOUR CHILD



# WHAT CHILDREN CAN DO?

## CHILDREN CAN SUFFER FROM SAME MENTAL STRESS AS AN ADULT

- Many parents do not know the signs.
- Children often do not find the right words to express their feelings.
- Parents don't accept the reality.
- There is financial issue to consult a psychologist.

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## DEAL WITH THE CHILDREN WITH ISSUES

- The parents need to be calm.
- Praise your child, if he/she has done something good.
- Teach problem-solving skills to your kids.
- Identify the reason why your child is angry.
- Is your child facing difficulty at school, at home or is this affecting the family?
- Talk with your child, if there is a sudden change in behaviour.

## CHILDREN CAN:

- Do some physical exercise regularly.
- Write or draw your feeling if you are not able to express in words.
- Do some volunteer work with your friends, like plant trees.
- Do meditation or yoga.
- Sleep is vital. so, 8 hours of sleep is needed for you
- DO NOT make friends with strangers on internet. Do not share your personal details. .

## KNOW YOUR BODY

- It is not okay for anyone to look at or touch your private parts.  
If you are feeling uncomfortable when someone kisses you, it is a bad touch.
- You are the boss of your body and no one else.
- If someone hits you or kicks you, is also a bad touch.

