



www.cornerstonesw.co.uk
contact@cornerstonesw.co.uk

Your Cornerstone booking confirmation

Thank you for arranging your initial meeting with Cornerstone, this letter will hopefully give you all the information you need in advance of your first session. We have also included a copy of our therapeutic contract for you to take a look at. Don't worry though, we'll go through that when we meet.

Finding Us

We hire out a room in a local church, it's a central location and very easy to find.

Our address is:
Wellington Baptist Church
28 South Street
Wellington
Somerset
TA21 8NS
(The entrance is opposite the Oxfam shop, up a small flight of steps)

Outside the front of the church there is a large lawn area, if you make your way to the bench on this, your therapist will come to meet you at your appointment time, introduce themselves, and then show you to the room. There is plenty of parking in the large South Street car park, which sits behind the church (pay and display, and it's currently 90p for two hours).

The First Session

This isn't an official therapy session, because as yet we have not agreed a contract with which to work under. We use this session as a space for you to get to know your therapist, explain some of your story, and discuss what you would like to achieve within your therapy sessions going forward. We allow up to an hour for this session, and it is free of charge. The therapy room has two comfortable chairs, and you are free to sit where you like. You will also be offered a hot or cold drink when you arrive – it's important to us that you feel as relaxed and comfortable as possible, we know that a first session can be a nervous experience!

So that's it, we'll see you at your appointment time.

Best wishes,

Cornerstone Counselling