



Therapy Services

1to1 Therapy / counselling for adults with children in Midlothian Primary Schools, part of the Wellbeing Response Project.

(The Wellbeing Response Project is funded until early 2022, all referrals must be in by December 2021. All other services continue)

1to1 Therapy / counselling for adults with pre-school aged children.

Other therapeutic services including: mindfulness, yoga, wellbeing groups, perinatal therapy groups, art therapy, EMDR.



For more information contact Arab Chaudhry

Therapy Services manager on mobile: 078 3518 3668

or Karen Herbert at referrals@midlothiansurestart.org.uk