

## KASP

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Kirkcaldy

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Kingdom Abuse  
Survivors Project



To contact KASP and arrange  
an appointment for  
information session is a big  
step!

### Opening Times

Monday & Tuesday

9am-8pm

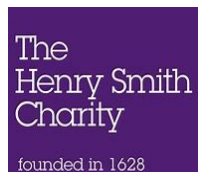
Wednesday & Thursday 9am-5pm

Friday 9am-2pm

If you feel you would like to  
bring someone along for  
extra support you can, that's  
okay.

### INFORMATION SESSIONS

KASP



Supporting Survivors of  
Childhood Sexual Abuse  
In Fife

## Information Sessions

It is really hard to pick up the phone and to confront your past.

Have you made the right decision?

Your information session will give you the time to discuss what you are looking for . . . .

and in doing so hopefully it won't feel so scary if you come back

This session is not about you telling your story however we will listen if that is what you want to do.

On average the information session lasts approximately 1 hour.

This session provides an opportunity to meet up with a counsellor, to see around the project and the counselling rooms.

Information sessions are about KASP providing information to you about our services and the support we can offer.

*During the session this is what is usually covered:*

- You will meet with a member of staff
- Brief explanation of what person-centred counselling is
- A bit about confidentiality
- What to expect once counselling has begun, highs and lows
- Info on different services KASP provide
- Explanation of what is in the information pack
- Information on your role in helping us evaluate our services
- Information on help-line and additional support if needed
- What happens next regarding appointment