

Counselling provides a space to look at the troubles and worries we have and find ways to better manage the impact they have on our lives.

Counselling can help to focus on the issues that are causing the problems.

Counselling is non-judgemental and accepting of where we are now and supportive of how we want to be different.

Counselling can increase our understanding of ourselves and the relationships we have with others.

Counselling can help couples, individuals, Mums, Dads and children improve how they communicate.

WHAT IS COUNSELLING?

Counselling provides a place to talk about things we are unable to talk about with others.

Counselling assists in learning new skills and strategies for managing challenging life situations and people.

Counselling can help us to understand why we are a 'push over' or why we like to push others over

Counselling can help us understand why we feel and think the way we do.