

**Need someone to talk to?
Are you struggling to deal with any of the following:**

Relationship difficulties

Stress

Anger Management

Bereavement

Addiction

Anxiety

Depression

Abuse

Low self-esteem

At times we can struggle to cope with what life brings. Counselling can offer you the space to **work through** personal issues in a **safe, supportive, non judgemental** and **confidential** environment.

I am Barbara and I will be at the Osborne Centre on Mondays offering a free counselling service.

I have qualifications in Hypnotherapy (Dip. Hyp) and Counselling/ Psychotherapy (Dip. CP, Ad.Dip CP).

If you are interested, or would like to know more, please leave a message for me on

Tel: 01202 579262

and I will contact you.



Barbara
Houston