




if you are struggling to cope with:

-  loss of identity and direction when a relationship ends
-  grief when someone important to you dies
-  financial loss and hardship
-  loss of self-esteem
-  loss of trust in yourself or others
-  loss of hope for the future
-  loss of motivation and focus
-  low mood or anxious feelings



I can offer you:

-  A safe place in which to be yourself
-  A new perspective
-  A way forward

Please call or email me for an initial consultation

Dignity · Trust · Integrity



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Respect Empathy