



NOW OFFERING: COUNSELLING SERVICES

What is counselling?

Counselling is an opportunity for you to talk with someone who will not judge you.

They are trained professionals who can help you address your feelings and find solutions to problems, all in a safe space.

For example, counsellors can help with the following:

anger, anxiety, bullying,
illness, loss, sadness, stress,
self-esteem, relationships & more

