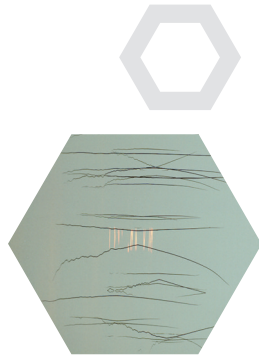


## WHO ARE THERAPY 4 HEALING?

We are a social enterprise committed to promoting health, education and personal development. Our holistic approach seeks to enable individuals, families and groups of all abilities to increase confidence and wellbeing.

We are now working in partnership with Poplar HARCA to extend our placement service for trainee counsellors and psychotherapists.

More information can be found on our website: [www.t4h.org.uk](http://www.t4h.org.uk)



## WHAT DO I DO NEXT?

If you would like more information or are interested in the service, please contact:

**Jayne Clavering**

Jayne.clavering@poplarharca.co.uk

Tel: 020 3069 7401

(Tues 9-4pm, Wed 1-8:30pm)

**Dyane Richardson**

dyane.richardson@neighboursinpoplar.com

07947 798 685 (Wed 8 – 12pm)

**All enquiries will be dealt  
with in confidence.**



# FREE COUNSELLING SERVICE

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COUNSELLING

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SERVICE

COUNSELLING

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## WHAT IS COUNSELLING?

Counselling offers a safe space to explore difficulties that may be arising in a person's life, explored through the personal and trusting relationship between counsellor and client.

*"I remember how scary the idea of going to a therapist was. I was anxious. I wasn't sure I would be able to share my difficult experiences with a stranger."* Sarah, a recent client.

Seeing a counsellor can help us through difficult times, the most important thing is that you meet with someone who you get on with and trust.



## WHAT CAN IT DO FOR ME?

We offer free, long-term counselling (up to two years) to local residents and workers. Counsellors can assist with a range of issues including: depression, self-esteem, anxiety & stress, bereavement, panic attacks, family & relationship concerns, career or life choices and questions of meaning and spirituality.

## WHEN IS IT?

The service will offer weekly, one hour sessions.

The main base for this will be:

**Burcham St Centre**  
96 Burcham Street, E14 0SH

Other Poplar HARCA community centres will also be available subject to time and availability.

