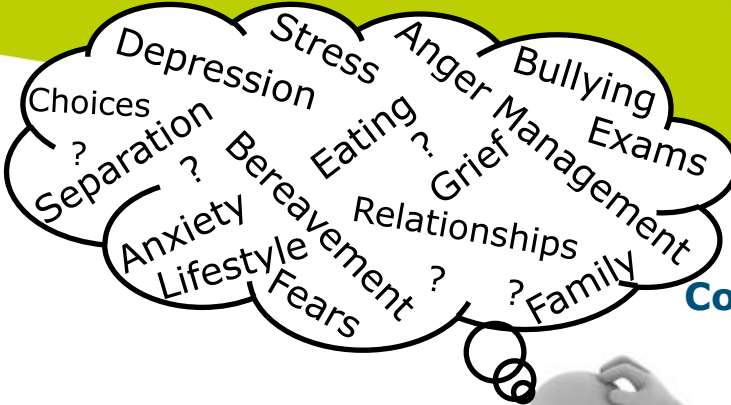


Counselling
Confidential, non-judgmental
counselling service for children,
young people and adults
aged 8-30 plus

Art Psychotherapy
using art to express feelings, fears
or distress without struggling
to find the words

Coaching Psychology
Specific goal-oriented solutions
focusing on strengths to improve
overall quality of life



**Talk 2 Us
Counselling Service**

**We believe
everyone
should
enjoy the
benefits of
good
health &
wellbeing**

Talk 2 Us Counselling for ages 8 to 30+
Safe | Flexible | Low cost | Effective | Quick response
E counselling@WestKentYMCA.org.uk
W www.WestKentYMCA.org.uk/talk2us
Tel 01892 572 311 **Fax** 08712 390 677

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

- SUPPORT & ADVICE
- ACCOMMODATION
- FAMILY WORK
- HEALTH & WELLBEING
- TRAINING & EDUCATION