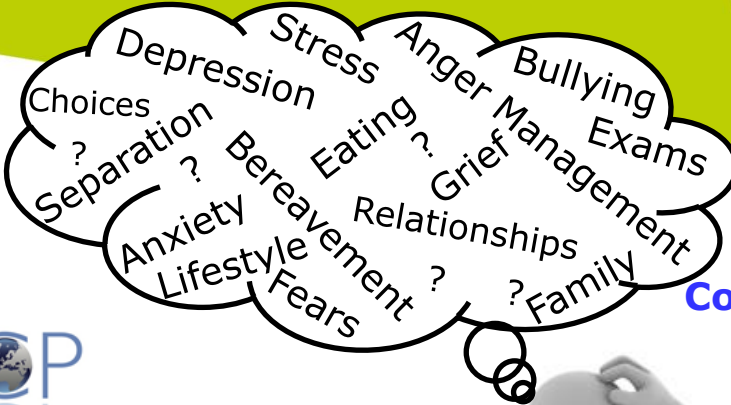


**Counselling**  
Confidential, non-judgmental  
counselling service for children,  
young people and adults  
aged 8-30 plus

**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**



Member of BACP  
Member of ACC

**Talk 2 Us** Counselling for ages 8 to 30+  
Safe | Flexible | Low cost | Effective | Quick response

**E** [counselling@WestKentYMCA.org.uk](mailto:counselling@WestKentYMCA.org.uk)

**W** [www.WestKentYMCA.org.uk/talk2us](http://www.WestKentYMCA.org.uk/talk2us)

**Tel** 01892 572 311 **Fax** 08712 390 677

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

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
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