

**Free Counselling Open Morning
at Bradbury House, Market St,
Glossop SK13 8AR
Monday 23 September 10.15am until 12 noon.**

- Unsure about Counselling?
- What exactly is it?
- Will I be able to open up?
- Will it help me?

This is a great opportunity for you to find out a little more about me, Lindsay Cox-Prior and my Glossop based-practice, [Via Vitae Counselling Services](#), and for me to find out about you. I hope for you to be able to put a face to a name and also to help you find out if counselling is for you.

Share your thoughts and opinions by taking part in helping me shape my services for the community. I am interested in understanding what you think about counselling, what barriers you have towards it and to see if I can debunk some myths about counselling and mental health for you.

I will be doing a short introduction at 10.15am. This will be an informal meet and greet event so please feel free to ask any questions that you might have.

Please drop- in throughout the morning; everyone is welcome.

I hope to meet all of you face to face so please allow for me to work around the room throughout the morning. There will be plenty of information on hand too.

- Free attendance
- Hints and tips on managing mental health concerns
- Free resources to take away

For background information on Via Vitae Counselling Services please visit:

www.viavitae counselling.com

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