

## **Counselling Open Morning at Howard Medical Practice- Free 15-minute sessions**

**Tuesday, 17 September,  
9:00 am until 12:00 noon**

- Have you considered counselling in the past but felt unsure if it is right for you?
- Has not knowing the counsellor beforehand put you off?
- Why pay for counselling?
- Is it better to go on a waiting list for free treatment?
- Can counselling really help?
- What is it all about?

I can answer all these questions and more and if you want to meet me, Lindsay, to discuss counselling and mental health then Tuesday is your opportunity to do so at no charge.

The sessions are suitable to discuss general enquiries, meet me and **find out more about counselling for free**. There is no obligation to book with me after meeting with me; I am promoting counselling and the benefits of looking after your mental health on this day. Session times will run from 9am to 12 noon. **Please call or email to make a booking.**

Please note that I am not offering a therapy session in these slots; I will be unable to address your specific issue(s) in 15 minutes. If after 15 minutes you believe you want to work with me, then a therapeutic session can be arranged.

Please contact me on [lindsay@viavitaecounselling.com](mailto:lindsay@viavitaecounselling.com) or text/ phone:

07307 389 896 to book your slot.

**Attendance by appointment only.**

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