

Mental Health Awareness Week

13 - 19 May



FREE COUNSELLING FOR STAFF, RESIDENTS & RESIDENTS FAMILIES

on 15th MAY



Emma will come and talk about her counselling experience from 10:00 – 10:30am with staff and residents.

Residents, staff and families of residents will then have a wonderful opportunity to get a 'taster' of what counselling can offer by way of a free 30 minute preliminary session with Emma.

Please note that these sessions will be held in the quiet room at Newgrange and are completely confidential. They are a space in which you can talk, 'problem solve' and gain clarity with the help of a trainee counsellor.

Emma's Qualifications To Date:

Emma is in her final term of a 2 year MA in Psychodynamic Counselling at the University of Essex. Prior to that she obtained a Graduate Diploma in Psychodynamic Counselling from the University of Essex (1 year course) and a Foundation Certificate in Psychotherapy and Counselling from Regents University (1 year course).

Please contact Emma at emmawarren07@hotmail.com if interested in finding out more