

# LIFE AND SOUL COUNSELLING

Wellness Centre, 4 Bridge Road, Balerno, EH14 7AH



0131 451 5226



lifeandsoul@stmungos.org



www.stmungos.org

**Life & Soul** counselling at the Wellness Centre has one to one counselling available to children, young people and adults. Couples coaching is also available.

We live in turbulent times, on the edge of uncertainty, and in these difficult times many of our relationships are being shattered by persistent stress. At **Life & Soul** we have a vision to strengthen families, empower individuals and help people become more resourceful in order to weather the storms of life. Our hope is that through counselling you will be helped to live a resilient life.

The counsellors in the **Life & Soul** counselling team are trained to national standards of counselling training. The counsellors either hold a minimum qualification of a COSCA validated diploma in counselling or are in the final stages of acquiring this qualification. The Wellness Centre is an organisational member of BACP (British Association of Counselling and Psychotherapy)

If you would like to refer yourself for counselling, please call the Wellness Centre on 0131 451 5226 and the manager will arrange an initial appointment for you to attend for an assessment.

**This service is open to everyone.**

A service to the community from

