

Counselling

“A guide through life”



In today's culture, counselling is generally viewed as a last resort, a crisis intervention, something we do when we have exhausted our own resources or when we are feeling stuck with the same old problem. Talking with a professional counsellor can assist you to find new solutions, gain support, and chart a path through the difficult seasons of the journey of life!

Counselling can be helpful even when you are not in crisis, in fact counselling can be a part of an overall wellness plan that helps to prevent crisis. This is especially true regarding marriage and intimate relationships. Our most important relationships can really benefit from regular 'tune-ups' in order to keep them running smooth, passionate, enjoyable and meaningful.

Counselling offers you the therapeutic space and relationship, to explore your life or particular issues. It is a safe and confidential process that offers you support, encouragement, and challenge.

Counselling gives you the time you need to focus on your concerns. It can also be used for personal growth and to increase self knowledge.



Conditions Counselling Can Help

- Self Esteem and Confidence
- Communications with others
- Difficult Moods
- Changing Unhelpful Behaviours
- Depression
- Grief/Loss
- Abuse, Past and present
- Stress
- Anxiety
- Family Difficulties
- Separation /Divorce
- Co-Parenting
- Relationships

*“Life is what you create!
You decide, the beginning,
the middle and the end!”*

Laurie Gilbank

Benefits of Counselling

- Personal Insight
- Increased Confidence/Self Esteem
- Assertiveness
- Coping Skills
- Increased Emotional Awareness
- Relationship Improvements
- Effective Communications
- Healthy Conflict Resolution
- Increased Motivation
- Personal Development & Growth

Counselling services are confidential, open to all and take place in a safe and comfortable environment.

If you have a sense that something is missing or not quite right, feeling that life is too difficult to manage, or you simply wish to make a change for the better, call us NOW to schedule your FREE, confidential, no obligation consultation to discuss your particular situation and needs.



Bowen Therapy • Counselling

www.naturalbodyandhealth.com

Why Natural Body & Health?

You are a unique individual

We recognize that you have a unique health 'signature' made up of a combination of lifestyle, genetics, physiology and emotions that responds in its own way to the environment in which you live.

Individual advice, education, treatment

Our goal is to provide you with expert body and mental health care services within a comfortable and relaxing environment and to help you obtain, maintain and improve your overall health and well being that it can benefit you..... for the rest of your life.

To help you along this path when you visit us we invest the time in getting to understand the background as well as the issue itself which allows us to get to the root cause and not just treat the symptom.

As a result, we provide you with the very best professional health care advice, education and treatment options so that you can make the best, informed choice for your health every step of the way.



We hope you found this information useful and informative.

If you have a specific condition you wish to have treated or this sounds like the kind of body health care service that fits with your outlook on life, then we'd love the privilege of talking with you.

Our desire is to become your partner to better health and well being and to help you achieve your personal health and wellness goals.

You can contact us at your convenience using the method you are most comfortable with from the choices below:

Clinic Hours:

To meet with patients and clients varied schedules, appointments can be made either during the day or an evening by prior arrangement

NEW PATIENTS WELCOME
NO REFERRAL REQUIRED

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for people wanting to maintain
and improve their overall health
and well being

