



# FREE RELATIONSHIP COUNSELLING

Healthy relationships with our partners and family are vital to our health and wellbeing.

As we move through life, we experience changes and transitions that can put pressure on our relationships but there is support available to help you, your partner and your family cope with both the emotional and practical impact on your lives together.

## SERVICES INCLUDE:

- Couples Counselling
- Individual Counselling
- Family Counselling
- Counselling for children and young people

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GROCERYAID HELPLINE:

**08088 021 122**

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