

# DON'T SHOUT TALK IT OUT



**Family life hard? Communication breaking down? Don't understand each other?**

**Family Counselling** is a service that gives families the chance to express and explore their feelings in a safe and non-judgmental environment.

- Up to 6 Family Counselling sessions depending on the need of the family
- Sessions take place in Odiham
- We accept self-referrals and referrals from GP's and other professionals.

## **Counselling is a confidential service**



For more information about any of our services and to make a referral visit our website at <https://www.hartvolaction.org.uk/counselling/> or scan the QR code.

