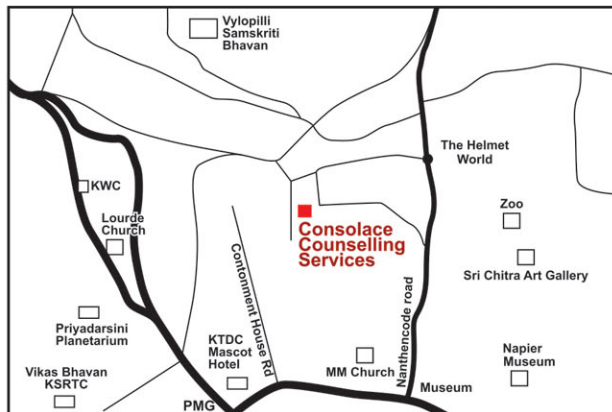


Expert Counselling & Guidance in:

- Depression and Anxiety
- Mood swings of children
- Student issues (academic & personal)
- Adolescent/youth issues
- Communication issues
- Divorce or Family Issues
- Health concerns
- Work and Career issues
- Stress Management
- Parenting Issues
- Relationship or sexual issues

All sessions are kept confidential and private.

Location



Consolace

Counselling Services

Sreeshadanam, House No :18, Museum Bains Compound
Near Harihar Nagar Govt. Quarters, Nanthencode, Thiruvananthapuram

Email : info@consolace.com | Website: www.consolace.com

Ph : 9388 183 153

Appointments scheduled are as
per availability and mutual convenience.

*no problem is **big** or small,
it's just the way you look at it...
talk it out... we listen...*


Consolace

Counselling Services

Professional counselling from consolace helps you to cope with stressful life situations. Through counselling, we help couples and individuals gain more strength to lead a happy life!



mob : 9388183153 | website : www.consolace.com



**Consolace
Counselling services
based in Trivandrum,
provides counselling
for family, adults
and children.**

When does one need counselling?

- When Children lack confidence and are of low self esteem
- When Children having eating disorders or mood swings
- When family has a difficulty in marriage or relationships
- During misunderstandings between spouse
- When you face emotional setbacks
- When Individuals face depression
- When Stress management is vital

How will our Counselling help you?

Counselling is a talking therapy. During the counselling session, we will find different aspects of your problem. Also, we will identify your strengths, fears, anxieties and find ways to overcome it.

During our counselling session we will provide you with an opportunity to:

- ▶ Share the problem with the counsellor
- ▶ Get a clear perspective of things around you
- ▶ Identify the origin of a particular problem
- ▶ Explore your thoughts and feelings towards a problem
- ▶ Gain deeper insight into your thinking process
- ▶ Look at different options available to you
- ▶ Gain clarity of thought and action
- ▶ Help you to decide on the best course of action

Our Counselling equips you to:

- Understand adversities
- Discuss and resolve issues
- Reduce stress and anxiety
- Save from the pain and stress
- Settle matters affecting relationship
- Develop and attain individual goals

