

Feeling Stuck?

Need a New Direction?



Want to feel more motivated?

Express yourself to others in a more meaningful way?

Find the something missing in your life?

Ongoing THERAPEUTIC GROUP meets in Nelson: Tuesday mornings 10am - 12pm

Tuesday evenings 6pm - 8pm

**Interested? call 03 548 2400
or email: clinical@lifelinc.co.nz**

Open to all ages and genders, facilitated by professional counsellor Jean Le Masurier.

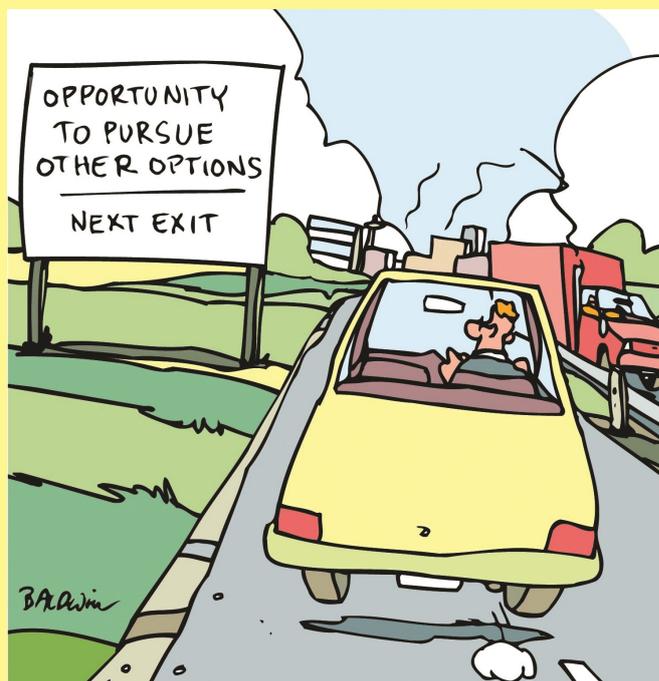
Cost \$20 per session.

New members welcome to join as places become available.

This confidential therapeutic group offers a chance to identify and explore ways to move forward. A safe place to explore your thoughts and feelings, deepen contact with yourself and others, enable changes to be recognised and relationships to develop.

The counsellor's role is to assist you in ways that respect your values, culture, personal resources and capacity for change.

Life Linc is a registered charity offering affordable, professional counselling in Nelson & Tasman.



www.lifelinc.co.nz