



## NO-COST COUNSELLING

*An opportunity to access confidential counselling at no charge, provided by professionally supervised, adult final-year counselling students preparing to qualify*



### Our Service:

- ✓ upto 10 free counselling sessions for Bury residents aged 18+
- ✓ Confidential, non-judgemental, Person-Centred approach
- ✓ Online / remote or In-person sessions (Close to Castle Leisure Centre, Bury)

*Open to adults in the Bury area who may be struggling with anxiety, low mood, stress, or other life challenges.*

**Places are limited.**  
**For more information, contact:**  
**[jowellscounsellor@hotmail.com](mailto:jowellscounsellor@hotmail.com)**