



Sometimes all you
need is some
perspective to find
your way again

The real voyage of discovery consists not in seeking new landscapes
but in having new eyes
Marmel Proust

It's a beautiful day out there. When last did you notice?

Finding it hard to deal with life issues like traumatic incidents, memories or loss?

Feel like you've lost your sense of purpose and direction?

Finding it difficult to communicate with family, friends or colleagues?

Take the opportunity to learn coping skills.
Look at your life in a different way.

Prioritise some time to work towards solutions with
someone who is skilled in communication, facilitation
and mediation.

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A new perspective can make all the difference