

Issues we can help you with include:

- * Caring for others
- * Dementia
- * Bereavement and Loss
- * Relationships
- * Sexuality
- * Domestic abuse
- * Depression
- * Anger
- * Work place bullying
- * Sexual, emotional and physical abuse
- * Anxiety
- * Self esteem
- * Phobias
- * Stress
- * Feelings of shame
- * Feeling of guilt
- * Addictions
- * Drugs / Alcohol

Cedar Tree Counselling care about you the client.

We will treat you with respect and care.

We will give you time and space in a safe place to unburden and be listened to, without interruption or judgement.

Group work and couples counselling are available.

Please contact for details of services available.



For more information
and/or to make an
appointment:

Tel: 01945 581652
or: 07500 369087

email: info@cedartreecounselling.co.uk

www.cedartreecounselling.co.uk

Cedar Tree Counselling
6 Union Place,
Wisbech,
Cambridgeshire
PE13 1HB

*Confidential
Counselling
Service*

CEDAR TREE



Professional support from people who care

Counselling can help

if you are:

- dealing with life changes
- have some problem that prevents you from getting on with your life
- wish to gain greater awareness of how you approach difficult situations and make choices
- feel you can't escape from unhappy past memories
- want to gain a fuller understanding of yourself as a person

How do we work..

We offer one-to-one, confidential counselling, to individuals in a safe and comfortable setting in a safe place to talk to unburden and be listened to, without interruption or judgement.

Sessions are with Julie Jeffryes, a professionally qualified counsellor, who will listen to you in a non-judgemental and supportive manner.

Counselling is an opportunity to talk in a safe, comfortable and confidential environment, to help you look at yourself and the future in a more positive way and develop strategies to help you cope.

Julie, will do everything she can to put you at ease and progress at a pace that feels right for you.

Julie, offers a completely free first exploratory meeting where you can discuss whatever concerns you have, before deciding about further sessions.

Counselling for couples and Group work are available.

Examples...

- Victim of bullying at work.
- The frustration and loss of self esteem.
- Effects it has on the individual and close friends and family.
- Loss of a loved one or life partner
- A new carer finding it difficult to cope with the situation they have found themselves in, following the diagnosis of an illness of a loved one.
- The impact the diagnosis and illness may have on every member of the family unit.
- Older children and grandchildren who may not understand.

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About the Counsellor:

Julie Jeffryes, is a fully qualified counsellor and a registered member of the BACP (British Association of Counsellors and Psychotherapists) and has a current fully enhanced CRB check.

The BACP is the main governing body for counsellors in the UK.

Within the framework of the BACP, Julie, is required to abide to their ethical guidelines and to have ongoing supervision and continuous professional development.

Julie, has worked supporting carers for over 12 years and specialised in the area of dementia. She is able to provide support for the recently diagnosed along with their family and friends at any stage of the illness.