

Integrative Counselling and psychotherapy



Location **South East, Kent**
<https://www.freeadsz.co.uk/x-271253-z>



Joys Cottage Counselling offers you the opportunity to talk about the issues that are affecting your everyday life, and gives you the time and space to explore your options and inner resources to help you to make positive changes in your life. Counselling and psychotherapy can help you to reach a deeper understanding of yourself and your thoughts, feelings and actions and it can help you to clarify your situation, and gain new confidence and control in your.



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