

**No! Artistic talent or training is not necessary.**

You just need the willingness to use your natural creativity to explore personal issues, in a safe , supportive and confidential environment.

**“But I don't have the time!”**

1 ½ – 2 hours a week counselling session is all that is needed. And the benefits are tremendous.

**“Isn't it just for the mentally ill?”**

I have worked with children, youth, adults, seniors - people of all ages and walks of life. I have worked with those with ongoing issues of trauma or abuse, relationship problems, emotional difficulties, those with behaviour issues – and those who just need a listening ear or a time of quiet.

**“Isn't it expensive?”**

The benefits of weekly counselling sessions out weigh the cost.