

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.