



TIME TO TALK

FREE CONFIDENTIAL LISTENING for adults - all welcome

Maybe you feel anxious, stressed out or depressed. Maybe you have suffered bereavement or you are having relationship problems. Life can be tough, especially during the changes and uncertainty of facing Covid 19

Telephone: 07931 273674

Email : listening@stmarysnantwich.org.uk

A Listener is someone who welcomes you warmly and listens attentively to your concerns without interruption, judgment, without trying to tell you what to do.

A Listener is someone who gives you space and time to talk about your problems, tries to understand and to support you to make your own choices.

A Listener is not a counsellor, but the Listeners at St Mary's have received professional training and they have regular supervision.