



Sarah Welsby RTC

**Compassionate Counselling
for New and Expectant Parents**

Pregnancy Support:

Feel more grounded & prepared for your upcoming birth. Talk through your fears & gain the tools to be calmer for this new chapter.

After Birth:

However your birth went it can be helpful to process the experience, find clarity, healing, & peace.

In Parenthood:

Parenthood is beautiful & sometimes overwhelming. Counselling is a safe place to share your feelings without judgment.

Relationship Support:

If you're finding it difficult to communicate or connect, couples counselling can help you & your partner develop the tools to rebuild trust & understanding.

www.sarahwelsbycounselling.com

**Book a
FREE
Consultation
Today**