



COUNSELING AND THERAPY

INDIVIDUAL COUNSELING

Individual counseling is a personal opportunity to receive support and experience growth during challenging times in life. Individual counseling can help one deal with many personal topics in life such as anger, depression, anxiety, substance abuse, marriage and relationship challenges, parenting problems, school difficulties, career changes etc.

COUPLE COUNSELING

Every couple experiences ups and downs in their levels of closeness and harmony over time. This can range from basic concerns of stagnation to serious expressions of aggressive behavior. Marriage counseling or couples counseling can help resolve conflicts and heal wounds. Overall, couples counseling can help couples slow down their spiral and reestablish realistic expectations and goals.

FAMILY COUNSELING

Family counseling is often sought due to a life change or stress negatively affecting one or all areas of family closeness, family structure (rules and roles) or communication style. This mode of counseling can take a variety of forms. Sometimes it is best to see an entire family together for several sessions. Common issues addressed in family counseling are concerns around parenting, sibling conflict, loss of family members, new members entering the family, dealing with a major move or a general change affecting the family system.

GROUP COUNSELING

Group counseling allows one to find out that they are not alone in their type of life challenge. To be involved in a group of peers who are in a similar place not only increases one's understanding of the struggles around the topic but also the variety in the possible solutions available. Typically, groups have up to eight participants, one or two group leaders, and revolve around a common topic like: anger management, self-esteem, divorce, domestic violence, recovery from abuse and trauma, and substance abuse and recovery. Ideally for institutions, corporates and factories.

PRE-MARITAL COUNSELING

Premarital counselling is a therapy which helps to prepare the couples for marriage by educating them to understand the significance of marriage. Premarital counselling helps to improve communication between the partners and set realistic goals for marriage. It also helps to develop conflict-resolution skills. Such counselling helps them better understand their expectations about marriage and address any significant differences in a safe and neutral environment. The act of participating in pre-marital counselling can be a positive beginning to a partnership such as marriage.

CORPORATE WELLNESS

Mental health issues can adversely affect Job performance and Productivity of an employee, it also affects their commitment to work, relationship with co-workers and management. Interventions to help employees cope with mental health issues will help improve productivity, reduce attrition rates, create a healthy work environment

WORK PLACE WORKSHOPS AND WEBINARS

SKILL DEVELOPMENT	WORK PLACE	MENTAL HEALTH	PERSONAL
Leadership	Work Life Balance	Depression	Mental Resilience
Planning	Coping with Change	Anxiety	Emotional Intelligence
Decision Making	Cultural Competency	Addictions	Parenting
Conflict Resolution	Managing Work Stress	Anger Management	Finance Management
Time Management	Team Building	Dealing with Trauma	Mindfulness
Communication	Being Productive	Managing Relationships	Physical Wellness

And many more.....

Workshop & Webinar topics are based on your needs. Length and mode of delivery can be designed according to your requirements

COUNSELLING THERAPY

INDIVIDUAL COUNSELLING

Face to Face & Virtual

FAMILY THERAPY

For Family of Employees

GROUP THERAPY

Improving Team Spirit



Providing a safe, confidential and non-judgmental psychological intervention program. A space for employees to share their concerns, challenges, fears and to find help to overcome these challenges

AWARENESS TRAINING

POSH

Prevention of Sexual Harassment

POSCO ACT

GATE KEEPER

Suicide Prevention

CRITICAL INCIDENT RESPONSE

A Tragic Accident, Sudden Unexpected Death, Violence At Work Or At Home, Suicide, Terminal Or Chronic Illness, Sexual Assaults, Alcohol Or Other Drug Overdoses, National Or Local Tragedies

CAMPUS WELLNESS PROGRAM

PRE-SCHOOL



SCHOOL



COLLEGE / UNIVERSITIES



TALKING about mental health, to help decrease the stigma surrounding mental health. Providing **TRAINING** for parents, teachers & students to appropriately identify and respond to signs of mental health issues. Incorporating mental health into **TEACHING**. Providing helpful **TOOLS** for students through counselling services. **TAKING CARE** of educators' mental health need.

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