



Liz Whiteley
Counselling & Psychotherapy



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LIZ WHITELEY
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Winter Seasons Greetings



Good morning

I wanted to inform everyone today that as of **16th December 22** I shall be on annual leave until the **first week of January 23**.

I understand that this may be challenging do you have a break in therapy over

this time, I am able to check messages and emails sporadically during this time.

I shall make room for any emergency but if you do feel you are in crisis over this period I wanted to advise you to visit www.lizwhiteleycounselling.com/crisis Where there are emergency numbers you can ring and services that are available to you during this time.

If you need to discuss this further, please bring it to your session before the 16th of December.

[Book a session for the new year!](#)



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