

# CO-COUNSELLING (CCI)

## Free Taster Sessions Spring 2014

Co-Counselling is a toolkit for personal development, wellbeing and growth.

It can help you to:

- Increase self confidence
- Deal with distressing events – past and present
- Improve work and relationships
- Enhance creativity
- Be your own expert, in charge of yourself

**Taster sessions (7 – 9 pm) in Didcot**

**20<sup>th</sup> Feb, 5<sup>th</sup> and 17<sup>th</sup> March**

**40 hour training to follow**

To learn more and secure a place contact Celia on 077121 68897

Places are limited.

[www.orchardox.net](http://www.orchardox.net)

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[www.co-counselling.org.uk](http://www.co-counselling.org.uk)

