

# Six free counselling sessions for adults



**To apply for this free service, click the link below and complete the form:**

**<https://forms.office.com/e/dY6bwzdWJa>**

**You can also fill in a referral form at the Barley Croft Community Centre, Malham Close, Leicester, LE4 0UT and hand it in to reception**



**Life can be tough sometimes.**

**When challenges mount up we can feel distressed and overwhelmed. Having someone to talk things through can help us feel happier, more grounded and better able to cope with the challenges life throws at us.**



Katie Shields  
MBACP

**My name is Katie and I am offering six free counselling sessions.**

**Where: Barley Croft Community Centre, Malham Close, Leicester, LE4 0UT**

**Sessions will be allocated on a first come first serve basis.**

## What I offer :

- **Six counselling sessions on a weekly basis**
- **A safe and confidential space to talk through your difficulties**
- **Experience of working with a wide range of difficulties including: anxiety, depression, OCD, ADHD, relationship difficulties, loss and grief**

