

Getting Help..

If you have been faced with a behavioural problem because of stressful thinking that has led to anger or fear and failures in your past, then let us help you move towards better communication skills, and excellent relationships with the people who love you.

Speaking to someone who cares is the first step of feeling safe and healing yourself. The strongholds of addiction are lies that have kept (us or you) in bondage. Each person travels down a private path to addiction, but the downward spiraling cycles are all the same.

Lack of in-depth knowledge of addictiveness is the prime result of misunderstanding its epidemiological trend, purpose, methods, activities and health related issues that possesses the lives of many who become addicted.

As a counsellor, I have observed that the more treatment given, the better the result will be in overcoming this illness and regaining the years lost because of anger, addiction, fear, grief, low self-esteem, improper communication and bad relationships.

Whether you are facing spiritual battles, financial ruin, emotional devastation, addiction, depression or despair over a lost loved one, counselling is available.

To be a successful client, you must recognize that this is a learning process and rehabilitation does not take place overnight. Imagine a farmer digging up the seeds he had planted just to see if they had sprouted yet; or a surgeon re-opening the incision of his patient several times to see if the internal healing process had begun. Let the healing process run its course and be patient with yourself.

Speak to your body and mind and tell it to be patient, tell it to be encouraged, attend your counselling and therapy sessions, wait with expectation, follow the instructions in the full knowledge that total recovery is imminent.

Let me remind you of a proverb by King Solomon (a very wise man from the Holy Bible):

"Where there is no counsel the people fall, but in the multitude of counsellors there is safety"
- Proverbs 11:14

Call today and let us help you!