

new leaf

counselling & therapy

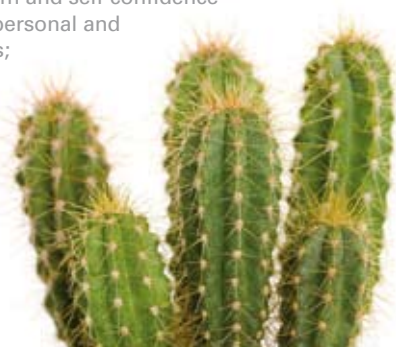
ANGER

What's your problem?

We all experience different levels of Anger and Stress depending on our circumstances and the situations we find ourselves in. How we manage it however varies. Many people struggle to maintain control, and this can prove a real problem for the individual, and more often those around them.

New Leaf, established in 1992, specialise in Anger and Stress Counselling for men and women. We offer the opportunity to talk about the reasons behind your stress in a confidential environment. You can receive help and support to manage your anger and reduce stress in your life. With New Leaf you can:

- Increase your ability to understand your feelings and how to express them appropriately;
- Gain greater awareness of how to address your anger and stress – both your own and others;
- Have improved self-esteem and self-confidence which can lead to better personal and professional relationships;
- Gain the power to manage situations in your home and work life;
- Gain new skills to help you with relaxation and stress management.



For more information visit our website or give us a call:

www.newleaf.uk.com

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