



Hope Wisdom Freedom

Why Hope, Wisdom, Freedom?

We are sometimes asked why we have these three words as part of our logo. Here's why.

We offer hope.

There is always hope, no matter how challenging the situation.

We offer wisdom.

Through teaching about the healthy adjustment process that all human beings go through and the useful purposes our emotions that we may not like. We can help turn your focus from unpleasant feelings and behaviour towards your underlying values that are being threatened and to action plans that will help you move forward.

We offer freedom.

Whilst we cannot change the past, we can explore the future together and offer to walk with you in small, manageable steps towards freedom from anxiety, anger, guilt and other unpleasant emotions.

Please do contact us if you would like to talk about this further.