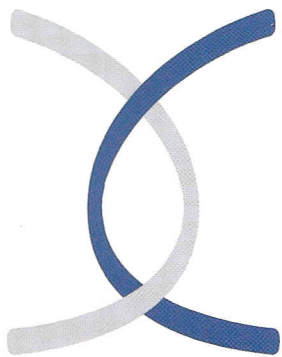


Counselling

Making Safer Choices



Seeking help to live in a more satisfying way?



COSCA

Counselling & Psychotherapy
in Scotland

Do you want the chance to explore personal issues and difficulties in a safe environment?

A trained counsellor can help

COSCA's leaflet will enable you to make an informed choice of Counsellor

- Is counselling for you?
- What's involved in counselling?
- Questions to ask before you begin

Pick up a free 'Making Safer Choices' leaflet

www.cosca.org.uk