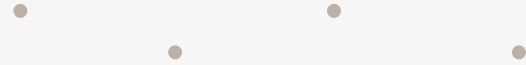


SUPPORT FOR CHILDREN

We all feel stress when we encounter unfamiliar landscapes and emotions. For children, change can be especially challenging.

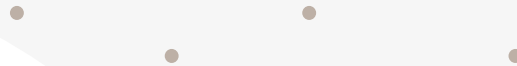
We work with young people aged 8+, talking, listening and offering a framework for acceptance and growth.



SUPPORT FOR EMERGING ADULTS

Growing up is never easy. Shifting family relationships can destabilise young people when they are at their most vulnerable.

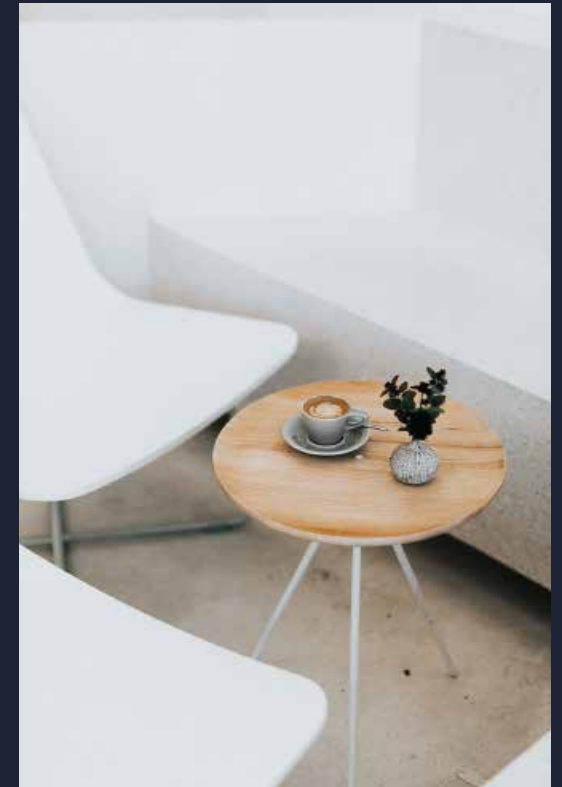
We work alongside teenagers to inspire healthy thoughts and behaviours, providing a compassionate ear and a safe space in which to heal.



LIFETIME

therapy

BEREAVEMENT & GRIEF
COUNSELLING
FOR ADULTS & CHILDREN



RELATIONSHIP BREAKDOWN CAN SHAKE US TO THE CORE

We are connected to others and relationship disintegration can threaten our wellbeing and our ability to withstand the demands of our complex lives.

Even a wanted separation or divorce can be experienced as a form of loss, affecting our health and potential for growth.



TIME FOR GROWTH

Our practice is rooted in compassion, acceptance and a belief in the limitless power of individuals to heal.

Lifetime Therapies tend to your mental health, cultivating change, helping you grow stronger, freer and able to find peace with your new mental landscape.

LIFETIME

therapy



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