

The Paul Bower Centre 123 Church Road, Willesborough,
Ashford, Kent TN24 0JQ

Ashford Counselling Service Ltd

Ashford Counselling Service Ltd is a charity agency providing affordable one-to-one talking therapy.

Need to Talk?

During the **Coronavirus** pandemic we can offer counselling via
telephone and the internet for

Relationship problems

Bereavement

Depression or low mood

Anxiety

Stress

*Counselling can enable people to recognise their own strengths and
find effective ways of coping.*

contact us

01233 610083

e-mail: info@ashfordcounselling.org.uk

www.ashfordcounselling.org.uk

Reg. Charity No: 803387

www.ashfordcounselling.org.uk



ACS Info Flier Sept '19

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changes lives