

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**](mailto:info@ashfordcounselling.org.uk)

[**www.ashfordcounselling.org.uk**](http://www.ashfordcounselling.org.uk)

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ACS Info Flier Sept '19

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changes lives