

Small Group Counselling Five-Week Course

Starting Friday 5th June 2026 10am to 11.30am – Completing 3rd July 2026

Discover Connection and Creativity Together

Are you looking for support to understanding and navigate life's challenges? Join our friendly group counselling sessions, designed for adults seeking a safe space to share, grow, and connect.

What to Expect

- Weekly group sessions led by an experienced counsellor
- Inclusive, supportive environment
- Creative interventions such as Kintsugi art, journalling, and guided visualisation
- Practical tools for personal growth and emotional wellbeing
- Opportunity to connect with others and share experiences

Whether you're new to counselling or simply seeking fresh ways to express yourself, this course offers a unique blend of therapeutic support and creative exploration. No artistic experience is required, just an open mind to explore different tools and techniques to support your mental health and wellbeing.

Fees and Payment

The cost for this five-week course is £60 per person, making counselling more accessible, this covers all materials and activities. Payment can be made via bank transfer 48hrs prior to the first session.

How to Join

Spaces are limited. For details and bookings, please contact Erica: -

Email: erica@eccounsellingservices.co.uk Mobile: 07842 922597.

Our sessions are held at in the new friendly purpose-built meeting rooms at Basingbourn Parish Church.

If you have any questions, please do not hesitate to contact me

Take the first step towards self-discovery and empowerment.



WWW. eccounsellingservices.co.uk