Turn the Page Counselling presents

TALK 'N' SPORT

TAKING CARE OF YOUR PHYSICAL AND MENTAL HEALTH

- Physical movement alongside emotional support in one session.
- 30 mins of emotional support with a qualified therapist followed by 30 mins of outdoor/sporting activity* with a qualified sports coach from Kickstart Sports.

Perfect for those children who may struggle in a longer therapy session, and those who need 1-1, rather than a whole sports class. *Sports and outdoor activities can be tailored to suit the needs and preference for each child.

Please get in touch to discuss booking a block of 6 weekly sessions.

@ttpcounselling
Turn the Page Counselling Ltd
www.ttpcounselling.com
hello@ttpcounselling.com
07746-217-066