

c o u n s e l l i n g

one to one

free



eklipse  
counselling

**where to find us**

**Mental Health Foundation**  
we support

Our counselling practice at the Jan Cutting Healthy Living Centre is funded (under contract) by Wolsley Trust and sponsored by "Big Lottery" "Eclipse Counselling" is part of "Eclipse Projects TM"

Wolsley trust  
BIG LOTTERY FUND  
eklipse projects  
Jan Cutting Healthy Living Centre

Wolsley Trust  
Scott Business Park  
Beacon Park Road  
North Prospect Road  
West Down Road

We are here  
At the Jan Cutting  
Healthy Living Centre

### our practice

We offer free confidential 1-1 counselling for any age, on any issue.

For the first session you do not have to make an appointment just walk in and ask at the reception for 'Eclipse'.

The first session usually lasts about half an hour, we will tell you a little about person-centred counselling and the way we work. You are welcome to ask questions and share with the counsellor some of what is going on for you, if you wish.

If you do decide it is right for you, we will then need some details so that we can contact you when we have a place.

The waiting time can vary and we would be able to give you a better estimate on your first session.

"Our service is founded on a respect for people's individuality and their ability to direct their own lives."

### information

**Opening times:**

**Drop-in Fridays  
9.30am-4pm**

**No Appointment Needed**

**Tuesdays 9.30am-4pm  
Wednesdays 11.30am-6pm**

**For more information**

**☎ 07891 028960**

**Monday - Friday**

**9am-5pm**

**[www.eklipseprojects.co.uk](http://www.eklipseprojects.co.uk)**

Our counselling practice is available at: -

The Jan Cutting Healthy Living Centre,  
Scott Business Park,  
(the old Scott Hospital Site)  
Beacon Park Rd,  
Plymouth