



What has this past year meant to you? A family simcha, a great holiday, the World Cup? Hopefully, happy memories.

What about those people for whom this year has been particularly difficult – a bereavement, a job loss, a relationship break-up? What sort of memories do they have? And who can help them, who will listen to them?

Raphael – the Jewish Counselling Service, which this year is celebrating its 35<sup>th</sup> Anniversary, is always there to provide a safe and confidential haven for those individuals and couples who either don't want to trouble friends and family, or who don't have anyone to whom they can turn.

At Raphael people can receive confidential support from a highly professional team of counsellors.

We can't deny that, perhaps inevitably, our clients are becoming less and less able to meet the cost of their sessions. Yet it is precisely at those times when counselling might be most beneficial, that financial constraints send it to the bottom of the priority list. But Raphael turns no-one away if they can't afford the full cost of their sessions.

To learn more about Raphael, or to read about it in our clients' own words, please visit our website at [www.raphaeljewishcounselling.org](http://www.raphaeljewishcounselling.org).

And if you, or someone you know, might benefit from Raphael's services, please phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours.

**Roberta Coffey - Chairman of Trustees**

0800 234 6236  
[www.raphaeljewishcounselling.org](http://www.raphaeljewishcounselling.org)