

Raphael – the Jewish Counselling service now in Redbridge and surrounding area

When you are feeling overwhelmed by stress, trauma, bereavement issues, or relationship problems, how do you deal with it? It doesn't always help to speak to family and friends. You might not want to bother them or you really don't want them to know what is going on.

Above all, will they understand what you are going through and be able to help?

The skilled professional counsellors at Raphael Jewish Counselling Service understand and provide a safe, confidential, non-judgemental space in which your thoughts and feelings can be discussed. They know how difficult it is for you to talk about your problem and take the first step by making a phone call.

For 35 years Raphael has been providing a unique and vital service to the Jewish Community, both individuals and couples, living or working in London and the Home Counties. Now Raphael

has extended its services to cover Redbridge and its neighbouring areas.

Raphael is a registered charity and clients pay according to their means; no-one is turned away if they cannot pay the full fee. So if you, or someone

you know, might benefit from Raphael's services, phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours. Further information can be found at www.raphaeljewishcounselling.org

RAPHAEL
THE JEWISH COUNSELLING SERVICE



Professional Jewish Counsellors
for individuals and couples with
relationship or emotional problems

**COUNSELLING NOW AVAILABLE
IN THE REDBRIDGE AREA
AS WELL AS NORTH WEST LONDON
AND THE HOME COUNTIES**

Take the next step ...

RAPHAEL
THE JEWISH COUNSELLING SERVICE
PO Box 172 Stanmore HA7 3WB
0800 234 6236

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www.raphaeljewishcounselling.org

Registered Charity No 278522