

ONLINE THERAPY



Do
you need

EMOTIONAL SUPPORT?

Perhaps you need support in getting clarity, change, and relief in your life. As a therapist, I have helped many people to explore, understand, and/or overcome a wide variety of issues: for example, abuse, anxiety, bereavement, depression, grief, identity, loneliness, loss, poor confidence, poor self-worth, relationships, sadness, shame, self-harm, sexuality.

Contact me to arrange a session.

THERAPY

In your home

①

Convenient

No travel
Helps busy schedules

②

Private and Familiar

You're in control
Home comforts help

③

Health and Safety

Less stress and challenges
No risk of Covid-19

085 147 3040

www.kennedycounselling.com



DR. IVAN KENNEDY

Counsellor, Psychotherapist, & Supervisor