



**Shift & Co** provides a safe and supportive space where you can unmask and find your authentic voice through counselling and art therapy sessions.

We adopt a person-centred, holistic approach to wellbeing to help you not only navigate life's challenges but truly thrive!

We understand that each person is unique, so we tailor our sessions to meet the specific needs and goals of the individual we are working with. We're here to help you, and we do it together.



**Anyone who is facing a personal challenge, can seek therapy.**

Common reasons why people seek therapy include:

- A desire to 'unmask' and build self-understanding, self-acceptance and authenticity
- Difficulties in organising thoughts
- Stress and anxiety
- Relationship issues
- Everyday frustrations or challenges

Therapy can help you rediscover a sense of personal meaning and purpose. Having a better understanding of ourselves allows us to improve our relationship with self and others, identify and draw upon our inner resources to get unstuck, and navigate life's challenges with greater awareness and ease.

**Counselling** is a conversation-based therapeutic approach to assist clients to explore and address their thoughts and feelings. You can talk freely about what is important to you. Your therapist will listen to the little details whilst helping you keep sight of the bigger picture.

**Art Therapy** is a creative and expressive form of therapy where individuals use various art materials and techniques, to better understand themselves, their experiences and their challenges. Due to less reliance on verbal-communication, Art Therapy broadens accessibility of mental health therapy to the disability and neurodivergent community.

Sessions available on Mondays and Thursdays from our space in Hawker

<https://www.shiftnco.com/therapy>

