



Quaggy Community Counselling Service

Quaggy Community Counselling Service (QCCS) provides low-cost, confidential counselling to adults (18 years+) in Greenwich and Lewisham. We are a charity committed to supporting the wellbeing of local people and have many years of experience assisting individuals with a wide range of concerns such as:

Loss and bereavement, loneliness, anxiety, depression, stress, relationship, family and work difficulties, poor self-esteem and identity issues.

Counselling gives you a chance to explore your feelings, thoughts and experiences in a safe setting, with the aim of helping you to live your life more fully and comfortably.

Fees are means tested starting at £2 per session for those who are not working.

**If you live locally and would like more information just give us a call on:
0208 465 9785**

Or send an email to lisa@quaggychildrenscentre.org.uk

Charity No:1109711

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Service

