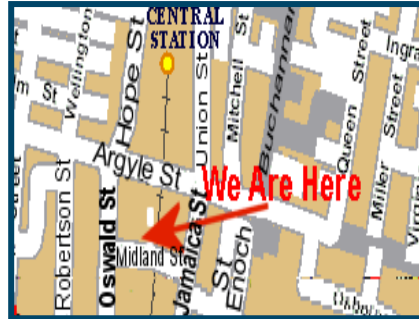




The Marie Trust
32 Midland St
Glasgow
G1 4PR
Tel: (0141) 221 0169 (Option 2)



Email: info@themarietrust.org.uk
Website: www.themarietrust.org

Monday – Friday

10.00 – 11.30am

Café - breakfast
Advice and support

12.30 – 2.30pm

Café – lunch & snacks
Advice & support
Classes & activities

2.30 – 4.00pm

Advice & support
Appointments
Classes & activities

* The centre closes at 3.00pm on Thursday.

Trust

Counselling Service



- Want to talk to someone in confidence?
- Could you do with getting things off your chest?
- Does it feel like you can't cope sometimes?
- Are things bothering you that you find hard to let go of?
- Do you sometimes not like the way you are or what you do?

Counselling offers you time and space to talk through your feelings - a space where you and your life are what matters




We offer one-to-one sessions with an experienced therapist trained in listening to and helping people work through difficult life experiences

The counsellor will not tell you what to do or give advice, but will help you make your own choices.

You will have a chance to explore whether Counselling is for you and to check out anything you need to know when you first meet with your Counsellor.

It is time and space for you.

The service runs at the following venues:

- Glasgow City Mission 
- The Lodging House Mission 
- The Marie Trust 

You can access the service by:

- **Speaking** with a member of staff; **or**
- **Phoning** (0141) 221-0169, pressing option 2; **or**
- **Completing the form** on the page opposite

Counselling Service Enquiry

Name: _____

Date of Birth: _____

Contact telephone number _____

Address: _____

Today's Date: _____

Preferred venue to come for counselling:

- Glasgow City Mission
- Lodging House Mission
- The Marie Trust
- Any of these

Reasons for wanting counselling (**optional**):

Any other relevant information that you think it would be useful for us to know (**optional**):

Once completed, please hand this form to a member of staff or send it to: **The Marie Trust, 32 Midland Street, Glasgow G1 4PR.**