

## Who are we?

The counselling team consists of men and women who have been professionally trained, who receive regular supervision and are members of a professional organisation such as the Association of Christian Counsellors or the British Association for Counselling and Psychotherapy.

## Anyone is welcome.

The counselling service is open to all, regardless of background, outlook or religion. Our primary concern is to help each person at their point of need.

New Directions has a Christian foundation and adheres to Christian values, but it is not necessary for

clients to have a church background.

## Where?

We use rooms in Delta House, next to the roundabout at the junction of the ring road and Hockliffe Street.

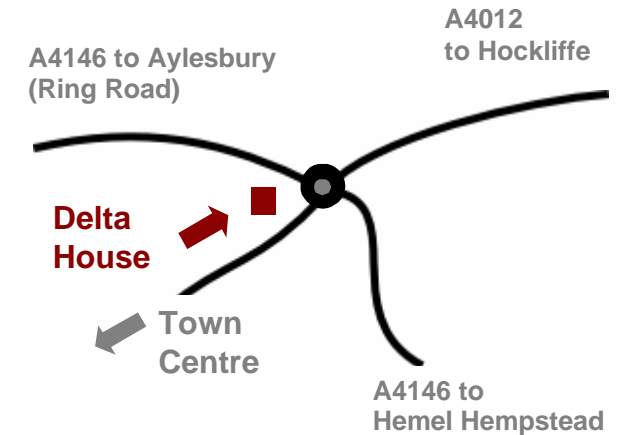
## Do I have to pay?

*Although we do ask for contributions towards our expenses, no one will be turned away because of an inability to pay.*

Our counsellors all work on a voluntary basis, but they incur costs in maintaining their professional standards. To help meet these, and our other expenses, we suggest a payment according to the client's income.

Approximate yearly income	Suggested rate per session
Up to £10,000 or on benefit	£5
£10,000-£14,999	£10

£15,000-£19,999	£15
£20,000-£29,999	£20
£30,000 +	£25



## Contacting Us

If telephoning, someone will normally be available to take your call during weekday mornings. Otherwise you can leave a message on the answer phone.

You can contact us at



07890 133178

Anxiet

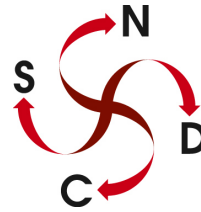
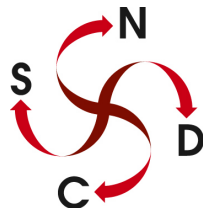
Purpose?

New Directions exists to provide a confidential counselling service to people in Leighton-Linslade and the surrounding area.

We offer help to those who are struggling with difficult situations such as stress, anxiety, depression, abuse, loss and relationship issues.

By sharing or talking through a difficulty with a trained counsellor you can find ways of resolving issues, changing perspectives and coping with life.

Telephone  
07890 133178



Delta House  
33 Hockliffe Street  
Leighton Buzzard  
LU7 1EZ

Telephone  
07890 133178

..... is here to help you.

Are you at a time in your life when events are distressing?

Are you overtaken by feelings that you can't explain and which disturb you, and even overwhelm you?

Then counselling could be very helpful. You may wish to get in touch with us.

Telephone  
07890 133178

