

Restology Offer

Chris Major Counselling

Chris Major is an experienced UKCP Registered Psychotherapeutic Counsellor in Scarborough. Counselling is an opportunity to share any difficulties with a non judgmental trained person and to be supported to make positive changes to your life.

- Chris has first hand carer experience and would like to offer all Carers Plus Yorkshire clients – **A free 20min initial consultation appointment** to meet and discuss your needs and also a **£5 concession** off the full cost of each counselling session.
- Chris is keen to support clients who may struggle to access counselling support due to its costs and offers a limited number of further concessionary spaces. Contact Chris for further details
- If you would like to find out more please link to Chris by clicking on his picture and quote **'Restology'**



**carers
plus**
YORKSHIRE