



Online Therapeutic Support for Families

Helping families to overcome anxiety and build resilience during the Covid-19 pandemic and beyond



FREE 20 Minute
Consultation with
Parent or Adolescent

All our services are delivered by our highly experienced psychotherapists



FREE Advice Line



On-line Video Therapy

For further information, please contact us:

info@mindfulhc.co

www.mindfulhc.co



FREE Family Support
Webinars