

Salvecare Counselling Centre

Anxiety

- Anger Issues Resolving
- Depression
- Developing Confidence
- Managing Sleep Problems
- Relationship Issues
- Stress

As per the needs of the individual



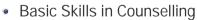
Anger Management

- Handling Emotions
- Inner Childhood Healing
- Learn How to Learn
- Meditation & Relaxation
- Positive Parenting
- Psychosexual Integration
- Psychological Assessment
- Time Management
 These programs will be conducted monthly



VISION

Salvecare envisions promoting optimal quality of life by enhancing the mental and emotional welfare of individuals through its exceptional services.



- Cognitive Behaviour Therapy
- Clinical Hypnotherapy
- Mindfulness Based Therapy
- Neuro Linguistic Programming (NLP)
- Rational Emotive
 Behaviour Therapy
 In a year these programs will be conducted 3 times



https://salvecare.in support@salvecare.in

+91 99808 72237