



Salvecare Counselling Centre

Counselling

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

As per the needs of the individual



Workshops & Seminars

- 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.

Training the Trainers

- Basic Skills in Counselling
- 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