

NJC Counselling appointment

Counselling is a **collaborative therapeutic relationship** which allows the student to have a **safe space** to explore his/her issues and challenges.

Together with the student and/or stakeholders, we work on his/her strengths and **expand the repertoire of his/her coping resources** to facilitate growth and **build solutions** to any difficulties faced.

Scan and make a booking with the Counsellor today!

