

## 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 :)**

