



Grace Counselling Centre

Counselling Services

We, at Grace Counselling Centre, are fully committed in providing the full counselling and psychological support for you and your loved ones.

How can Counselling benefit me?

Preventive Counselling can greatly reduce the occurrence of:

1. Broken marriages and families.
2. Suicide and self-harm cases.
3. Criminal and Violent behaviours.
4. Impulsive and destructive behaviours.
5. Employee and staff disengagement.
6. Destroyed relationships.
7. Neglected opportunities

Interventive Counselling can eliminate unhealthy symptoms and replace them with constructive behaviours. For a list of common problems, please refer to the leaflet attached.

CONFIDENTIALITY

We provide the highest level of confidentiality to protect our client's privacy. Everything that is shared between the client and GCC is kept within the bounds of the key practitioners of the organization alone.



Pricing

- Our counselling services are charged from \$150 to \$200 per session depending on the professional. There are absolutely no hidden fees or additional charges.
- Each session runs for 1-hour.
- Snacks and refreshments are provided.
- The Counselling Fee is inclusive of Post-Sessions E-mail support
- Please set aside 6 to 10 sessions for significant change to occur.

The Team

Grace Counselling Centre guarantees to provide the highest quality of service in counselling and psychological support. Our professional counsellors and therapists are constantly trained and supervised by Singapore registered clinical supervisors.

For more information, please contact us:

Tel: 6408 9752

Email: admin@gracecounsellors.com

Address: 151 Chin Swee Road, Manhattan House

#06-15, 169876

Visit us at:

www.gracecounsellors.com



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Specific Areas of Counselling

Relationship Issues

- Recovering from past relationships
- Building confidence for the future
- Communication and Assertion
- Confused about feelings

Motivation, Direction and Meaning in Life

- Feelings of **emptiness**
- Finding **happiness**
- Becoming more effective in life

ANGER Management

- Uncontrollable Rage
- Chronic/Frequent anger spells
- Trouble with the law

Career and Workplace Issues

- **Workplace Stress**
- Career Placement
- Decision Making

Life Adjustments

- **Grieving** from loss
- Change in family structures
- Migration adjustments
- Change in health conditions
- Change in financial conditions

Clinical Issues

Problems of **Fear**, Anxiety, and Panic Attacks

- Excessive worrying
- Bombarded by guilt
- Excessive ritualistic behaviours
- Phobic reactions
- Recovery from Trauma

Addictions

- Smoking Addiction
- Alcohol Addiction
- **Gambling** Addiction
- Sexual and Pornography Addiction
- Gaming/Online Addiction

Behavioural Difficulties

- **Sleeping difficulties**
- Eating and weight problems
- **Sexual difficulties** and addiction

DEPRESSION, Low-Self Esteem, and Hopelessness

- Feelings of worthlessness
- Feeling sad and down
- Suicidal ideations and attempts
- Self-Harm/Self-Mutilation

It is our job and responsibility to properly identify the main problem of which you are going through. If you have questions, please feel free to contact us.