

Non-judgmental. Real.

Supportive. Non-judgmental. Real.

Kim Small welcomes you to join our weekly group sessions focused on mental wellness and personal growth for emergency services workers.

What We Offer:

New topics each week:
mindfulness, breathing,
managing panic, healing from
PTSD and more

Explore alternatives to
medication

1-to-1 therapy or group support

24/7 call & text helpline

Family & partner support group

Why Join?

Safe, ethical, and confidential

Learn to live in the moment and
let go of the past

Build strong foundations for
lasting change

Discover your worth –
because life is for living

**Contact 07512 616087 to
book your spot now**

**"Take the first step toward a brighter tomorrow.
You deserve peace, strength and support."**

LV Life Wellbeing Centre, Wickham Road, Fareham, Hampshire