

A LIFE-CHANGING PROCESS

Anita Tang

Helping you to face life's challenges and reach wholeness through counselling!

透過輔導, 幫助你面對生命的挑戰, 邁向全人成長!

The New Leaf Counselling centre was a project brought to the attention of those at the Round Table meeting.

WHO WE ARE

New Leaf Counselling Service is part of the social arm of the Chinese Church in London. Our aim is to help people face life's challenges and reach wholeness through counselling.

The name 'New Leaf' is derived from the biblical story of Noah and the flood, found in Genesis chapter 8 verse 11. Noah sends out a dove when the floodwaters start to subside and 'when the dove returned to him in the evening, there in its beak was a freshly plucked olive leaf.'

We believe that life is full of challenges and yet at times it seems static. However, there is always the hope that after a bleak winter comes the spring; new leaves start growing again, representing peaceful new beginnings!

WHAT WE DO

The three main areas we focus on are:

1. serving the Chinese (but not exclusively) in London, and its surrounding areas, through professional counselling;
2. providing relevant training courses and workshops for Chinese groups;
3. co-ordinating with other professional Chinese counsellors, and those working in similar fields, in order to support one another, raise standards and promote this ministry.

There are times when people experience distress and pressure in their lives, such as complex relational issues, difficulties with living in an unfamiliar culture, unexpected changes, emotional

trauma and trouble. Additionally, some may experience life issues and events which are just too difficult and painful to handle alone, such as bereavement, divorce, redundancy, health issues or bullying. Alternatively, one may experience an underlying feeling of dissatisfaction with life in general, and the need to find balance between life and spirituality.

New Leaf works with people in both short- and long-term arrangements to help bring about effective change and to enhance well-being. Counselling is a life-changing process and is based on a trusting, supportive, non-judgemental and mutual relationship. It provides clients with a safe and confidential environment in which to explore emotional, psychological or social problems.

Counselling can assist clients to identify personal resources and capabilities which are sometimes lost or buried in times of confusion and anxiety. It may enable someone to see circumstances afresh and with clarity, so that necessary changes can be made

that will help the client at a particular state in life's journey and help the client to ultimately reach wholeness.

OUR TEAM

We are professionally trained and qualified counsellors who abide by the Code of Ethics and Practice of the British Association for Counselling and Psychotherapy (BACP), as well as of the Association of Christian Counsellors (ACC). We work under regular supervision. In addition, we are practising Christians from churches in and around London. However, we will not impose our faith on anyone who comes to us.

New Leaf is available for all of the Chinese community regardless of income, religion, gender, disability or type of issue. Our counsellors speak Mandarin, Cantonese and English.

For more information:

020-7602 9092

07786 961615 (mobile)

Email: newleaf@ccil.org.uk

Web page: www.ccil.org.uk/newleaf

