

# BELPER GAS SHOWROOMS

Refurbishment and Clearance Sale Now On  
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- Fires
- Fireplaces
- Central heating
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- Wall heaters
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- Free no obligation survey
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54 Bridge Street Belper DE56 1AZ  
Tel/Fax: 01773 824212

## Is something troubling you?

Everyone has times in their life when they feel overwhelmed by problems or they are experiencing difficult or painful feelings.

Counselling may help if you are having difficulties with:

- ❖ Feelings of unease or anxiety
- ❖ Relationships
- ❖ Low self-esteem
- ❖ Depression
- ❖ Bereavement and loss
- ❖ Sexuality
- ❖ Divorce or separation
- ❖ The effects of abuse or domestic violence
- ❖ Work stress

If you feel the need to talk to someone confidentially about your concern, whatever it may be, counselling may help you.

If I am not available when you call, please leave a message saying when you can be contacted and I will get back to you as soon as possible.

**Jane Mather**  
Counsellor  
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