



# Therapy for children and adults

A calm, welcoming space to talk,  
reflect and be yourself.

Support shaped around you, at  
your pace.

Supporting people with a wide  
range of emotional and mental  
health difficulties, including grief,  
trauma, emotional overwhelm and  
neurodivergence.

Specialising in anxiety, low mood  
and self-harm, with 20 years  
experience supporting teenagers.



## Face to face

At Melbourn Hub, South  
Cambridgeshire.  
A calm, supportive  
space to talk and reflect.



## Online

Secure online sessions  
from your own space,  
with the connection of  
meeting face to face.



## Telephone

For those who prefer not  
to be on camera, helping  
you focus on your  
thoughts and feelings.

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Natural Reflections Therapy

