

## How to make an appointment

Please phone or email *(details on front)*

If you have access to the internet you can read about our Associate Therapists at [www.cornerstone-sheffield.co.uk](http://www.cornerstone-sheffield.co.uk)

If you are not sure which therapist or therapy would be best for you, or you do not have internet access, we can discuss your situation with you to help you decide.

### Appointments available:

During the day

Most evenings and Saturdays.

Please mention if you have any special needs.

### How much does it cost?

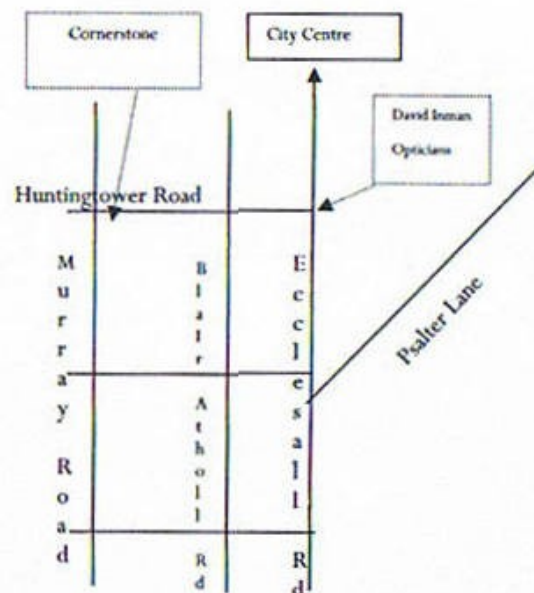
Each therapist -

is an independent practitioner sets their own scale of charges, according to their qualifications and experience.

Some therapists offer a sliding scale or low-cost counselling to clients on low income.

Typically sessions cost around £35 to £50 - please ask when you contact us.

## How to find us



Cornerstone is on the corner of Murray and Huntingtower roads.

### Public transport:

Buses 3, 4, 65, 81 and 81A to 88 stop on Ecclesall Road close to the Huntingtower turn-off



**Cornerstone**  
Counselling &  
Therapy Centre

99 Murray Road, Greystones,

Sheffield S11 7GH

0114 267 8613

[www.cornerstone-sheffield.co.uk](http://www.cornerstone-sheffield.co.uk)

[info.cornerstone@googlemail.com](mailto:info.cornerstone@googlemail.com)

*Care for your emotional well-being*

## Why talk with a therapist?



Research consistently shows that talking therapies help reduce the effects of stress, depression and anxiety and can help with other emotional or behavioural, personal and interpersonal difficulties.

Often we can work through issues alone or with friends and family. There are times, though, when we may have no-one to whom we can talk freely, without judgement. In couples and families communication can break down. At such times an outside person who will listen carefully and with unbiased acceptance can be very helpful.

Talking therapies aim to help you find your own solutions. Working in a group is another way to help with isolation and low confidence.

The therapist may suggest activities to help your progress, with your agreement. Some therapies offer particular techniques for specific problems.

## Do you want to

- Feel less plagued by anxiety, worry, stress, panic attacks?
- Feel less lonely and isolated?
- Raise your confidence?
- Get better at managing your life and/or work?
- Improve your mood?
- Develop as a person?
- Have space to consider your existence or spirituality?
- Have improved sleep, eating or life patterns?
- Feel better about yourself?
- Improve your relationships and communication?
- Stop worrying about sex or your sexuality?

**For any emotional, work-related and life issues talking with a therapist can be helpful.**

**We also run a programme of Groups** *(call for details)*

*Individual, Couple and Family Therapy and Groupwork,*

*Art therapy, Career and Life Coaching, Cognitive-Behavioural Therapy,*

*EMDR for trauma, Integrative Counselling,*

*Person-Centred Therapy, Psychoanalytic Psychotherapy,*

*Gestalt and Existential Therapies,*

*Reverse Therapy for debilitating illness, Relationship and Sexual Therapy.*

## About Cornerstone

Our Centre is calm and inviting. We have a variety of therapists for a range of issues.



### All Associate Therapists are:

*Independent practitioners.,*

*Known to us personally or by recommendation*

*Carefully vetted to ensure they are qualified, insured and supervised*

*Members of professional bodies working to codes of ethics*

*Accredited or working towards accreditation.*

*We are pleased to work with Rainbow, a respected local Christian counselling service.*

*We welcome comments about the service and counselling you receive: evaluation forms at reception.*