



Relationship Therapy

Our relationships are the playing field of self-discovery!
Relationship counselling can transform your life!

Learning about ourselves in the context of a significant relationship can provide fuel for change, and for discovery about our passions and our core values – what matters to us...

Our most important relationship is with ourselves, and sometimes we can lose ourselves in the relationships we have with others. Through counselling and other therapeutic approaches, a new perspective can be gained, along with new behaviours which can bring joy and peace back into our relationships and our life!

Gabrielle works with individuals, partners/couples and families in a safe and confidential environment. Contact: gabrielle@freespirittruenorth.com.au

