

COUNSELLING

Counselling is designed to help you work on thoughts, emotions and behaviours that impact your life and relationships.

Our team of counsellors are trained to help you with a variety of issues ranging from those related to marital and family relationships and personal development.

Counselling sessions usually range from 45 to 60 minutes.

CONTACT US

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KINGSMEAD

CENTRE FOR IGNATIAN SPIRITUALITY & COUNSELLING

SPIRITUAL DIRECTION

It helps us...



Become aware of God's presence in our daily life



Deepen our intimacy with God



Discern how to make good life choices



Find greater meaning in life

A spiritual director (or SD) accompanies you in a confidential, non-judgmental, one-to-one relationship as you grow in your relationship with God, self, and others. The SD will gently guide you into paying attention to how God might be speaking to you in your ordinary life experiences and reflections in prayer.

A session lasts between half to one hour and may occur during a retreat or on a regular basis.



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