



## Counselling & Coaching

### **Kirstie Wilton**

Strength to Strength  
Licensed Counsellor  
DipCouns  
NZAC (Provisional Member)



I offer professional, caring, confidential counselling to provide you with the skills to get to where you need to be in life.

I counsel adults, teenagers, couples and families through:

- Anxiety
- Depression
- Anger
- Stress
- Low self-esteem
- Relationship problems
- Blended families
- Parenting Skills

Counselling rooms in  
Lower Hutt and Karori

## To book an appointment

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Booking a session is easy. You can select the time that suits you online. Simply go to [www.strengthtostrength.co.nz](http://www.strengthtostrength.co.nz) and click on the “Book Appointment” button.



Follow the prompts to choose your date and time.

- Face to face
- Telephone
- Skype

Email confirmation and reminders will be sent to you.

Kirstie Wilton

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Strength to Strength Office

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