



Break the cycle, before it breaks you.

Call +254 758 701 994
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Group Therapy

Our inhouse and outdoor group therapy and mentorship support offer a structured, supportive environment for adults. We also offer specialized retreats e.g. addiction recovery camp and wellness camps for corporate groups to help teams navigate burnout and strengthen collaboration in East and Central Africa. We have a pool of venues to choose from. Our program mixes **Fun, Experiential Learning and Psychotherapy.**



General Psychotherapy

Adulthood is all about community, though in some seasons community fails and you reach a phase where you are all alone. We offer therapy for individuals, couples, and families on issues: Stress, Trust, Anxiety, Phobia, Relationship difficulties, Life transitions & grief, Trauma, Anger, Over Controlling partners, Parenting challenges, Work-life balance, Self-esteem & identity, Hyper Active Child, Teen/Child Detachment among other cases.



Clinical Psychotherapy

We usually ignore our silent struggles as adults until it causes us to lose that which we treasure the most, or lose ourselves. We offer Clinical Psychotherapy for the following Disorders: Depression, Anxiety, Trauma, Obsessive Compulsive, Attention Deficit, Behavioral & Mood. Also issues like: Suicide Ideation/Attempt, Self Harm, Detachment, Aggression & Abuse among other cases.



General Mentorship

Every youth feels they have everything figured out until they hit a crisis. We mentor Young Adults on issues like: Academic Challenges, Social Skills, Self-Esteem & Confidence, Identity & Self-Discovery, Emotional Regulation, Goal Setting & Motivation, Decision Making, Career Exploration and Relationships, Adulthood Transition, awareness on predators and manipulators.



Addiction Psychotherapy

If it is affecting you and others, then it's time you seek help. We offer recovery therapy for both Substance Addictions: Alcohol, Cannabis, Nicotine, Prescription Drugs, Stimulants like Cocaine, Opioids like Heroin among other Substances. And Behavioral Addictions: Internet, Masturbation, Gambling, Compulsive Spending, Pornography, Workaholic and Gaming.

Session Bookings

Our Sessions are **Ksh 3000** per **60min** per individual Client. Work or House Calls transport costs will be factored in. Bookings are done between 8am and 6pm daily.

Hospital Sessions
Mon-Sun 8am-8pm

On-line Sessions
Mon-Sun 6am-10pm

House or Work Calls
Mon-Sun 8am-5pm



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