



YARAN
ART AND HERITAGE

Is here to preserve the cultural heritage of the Iranian community in Manchester.

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 YaranManchester

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WE OFFER:

A professional, confidential Counselling & Psychotherapy bilingual service with over 10 years of experience using therapeutic models such as Integrative/Holistic, Transactional Analysis, CBT, EMDR, Trauma-Focus Solutions, in treating a wide range of traumatic issues and challenges,

Like:

- . Depression
- . Anxiety
- . Supporting Asylum seekers and Refugees
 - . Post-Traumatic Stress
 - . Panic Attacks
 - . Guilt & Shame
 - . Anger Management
 - . Bereavement & Loss
 - . Sexual Assault/Violence
 - . Pre-Marital/Martial
 - . Relationships
 - . Career & Life Skills