



 **NURTURE**

The Nurture logo features a stylized red bird or arrow pointing upwards and to the right, positioned above the word 'NURTURE' in a purple, serif font.

Nurture is an Irish registered nationwide charity offering timely professional counselling and support to women.

Our aim is to Get Women back to Positive Emotional Well Being. Our philosophy is one of listening and supporting individuals through counselling and support groups.

Those who turn to Nurture are seen by a professional counsellor within 7/9 working days maximum – we have **No Waiting Lists**. In severe cases a woman will be seen within 24/48 hours for a professional counselling appointment.

If you would like to talk to a member of our team in Nurture, please ring **041/9822022**

Or if you wish to email for information:

info@nurturecharity.org

All information is treated with utmost confidentiality.

“It really is okay to talk about it”