

# NEWSLETTER

Lorraine Hanley - Psychotherapist  
Karl Hanley - Executive Coach

[www.darutherycentre.ca](http://www.darutherycentre.ca)



## **FALL IS IN THE AIR**

We hope you all had a wonderful summer.

It has been a busy summer here at Daru, our Therapy in Nature was well received by many this year, and we added a little to the space also.

The wonders of nature that we saw this year from the Deer & Foxes, through to the Birds and Butterfly, are just amazing.

We will keep our Therapy in Nature open through the Fall, as long as the weather permits.

# NEW

**EXCITING ANNOUNCEMENT.....**

**Our new office space in the village of Ancaster!!**

**See below for more.**



### **Karl Hanley**

A second exciting announcement...

Local elections are happening this October. Voting is October 24th and KARL HANLEY has stepped forward as a candidate to represent Ancaster & Flamborough on the council.

Karl has been busy working on his campaign and has stepped back from seeing clients.

We wish him all the very best in his Campaign. If you would like to learn more or have questions, please contact Karl directly

**[www.karlhanley.ca](http://www.karlhanley.ca)**



### Daru Therapy Centre, Ancaster Village

We are excited to offer a new in-office location at 311 Wilson St East, Ancaster.

Set in a beautiful heritage building in the heart of Ancaster Village.

This warm and welcoming accessible meeting space also has free off-street parking and a waiting room.

**Appointments will be available to book through your Jane account.**

## RESOURCES



Our resource feature continues to be EMDR

This has been a significant shift for many clients, book your free consult today.

EMDR - Eye Movement Desensitization and Reprocessing Therapy

EMDR is an extensively researched, effective psychotherapy method proven to help people recover from trauma and other distressing life experiences, including PTSD, anxiety, depression, panic disorders & pain management.

EMDR can be done both online & in person.

Connect with us today and book your EMDR consultation.



YOUR PRESENT CIRCUMSTANCES DO NOT DETERMINE WHERE YOU CAN GO, THEY MERELY DETERMINE WHERE YOU START

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