

WILLING TO G.R.O.W. AS A WHOLE PERSON?

USE OUR

“WHOLE PERSON GROWTH FACILITY”

PROVIDING:

Growth for:

Renewal - of *Helping Professionals and Leaders*

Overcoming - for *Clients and*

Wellness - of *The Public*

Through:

- **THERAPY** - FOR *INDIVIDUALS, FAMILIES, AND GROUPS*
- **EDUCATIONAL RESOURCES** - FOR EMPOWERMENT
- **WORKSHOPS** - ON:
 - Stress Management
 - Crises & Transitions
 - Self esteem building
 - Building Relationships
 - Family Issues
 - Whole Person Self-Care
 - Counselling Skills
 - Whole Person Clinical Care
 - Leadership Effectiveness



‘GROUNDED IN THE SPIRITUAL’

Provided by the office of **Dr. E Anthony Allen**

Consultant Psychiatrist and Consultant in Whole Person Health

8 Durham Avenue Kingston 6, Jamaica; www.eanthonyallen.yourmd.com