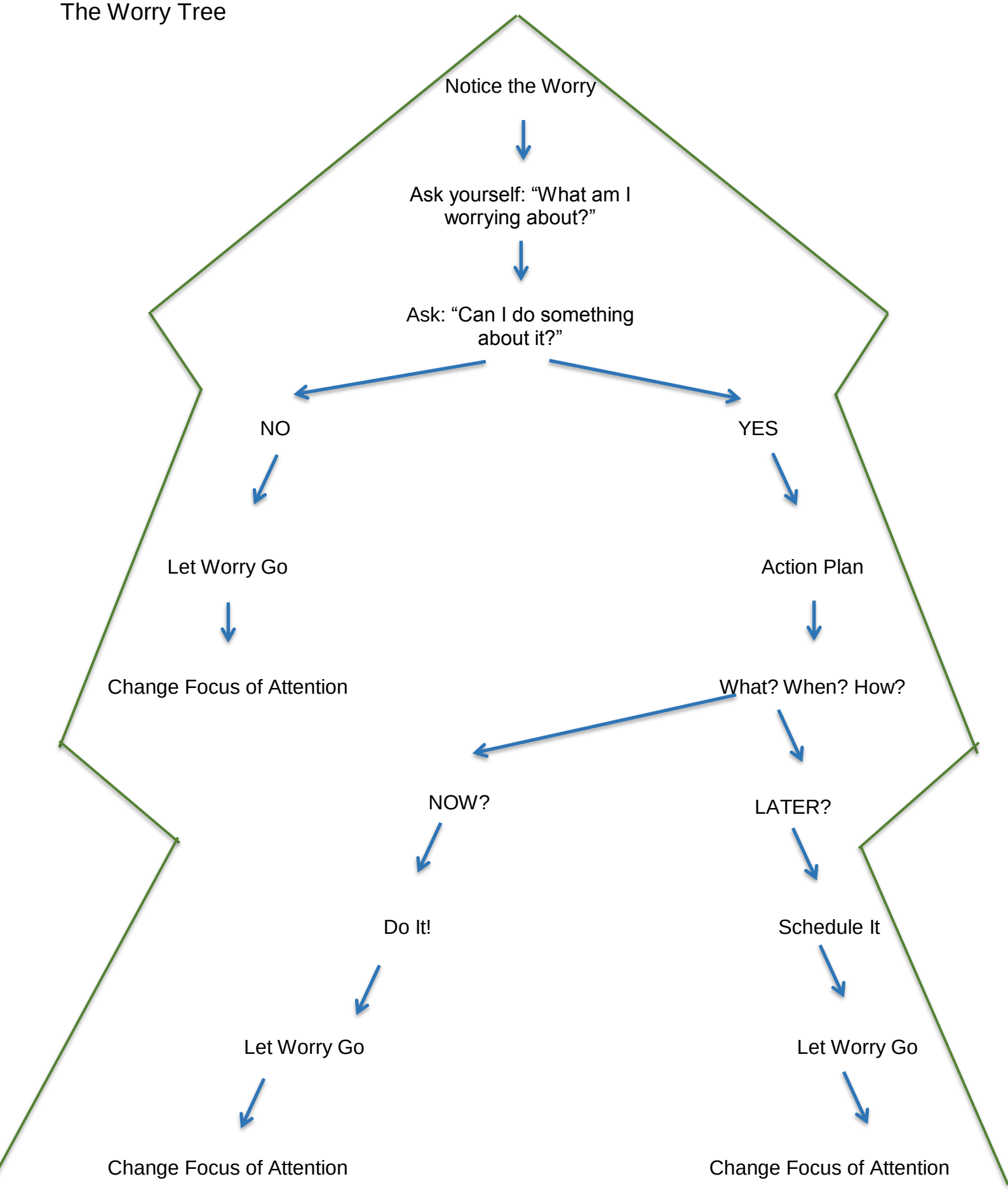
Think CBT
Psychotherapy, Counselling & Coaching

The Worry Tree