

LIGHTEN UP

Your heart, mind and soul!

COUNSELLING CENTER



Are you

Contact

Lighten Up can help you

believe →

← *hope*

- Dealing with a difficult situation?
- Dealing with difficult emotions?
- Seeking self-development?
- Seeking change?

Tara Sudhakar
Psychologist
Counsellor
Expressive Art
Therapist/
Art Therapist

- Identify your thoughts, feelings and associated behaviours
- Set your goals based on your needs
- Chart out your action plan

For a personal counselling session over phone call or Google meet

ACTION



Email : tara.lightenup@gmail.com



Phone number : 0-8825421894

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