

OUR POOL OF EXPERTS

Wide range of Certified, Registered and well trained Psychotherapists/Christian Counsellors passionate in their area of expertise.

OUR ANCHOR

"I (Jesus) came that they may have life, and have it in ABUNDANCE" -John 10:10

YOUR INVESTMENT

INDIVIDUAL THERAPY (RATED PER HOUR) - USD 35

COUPLE THERAPY (RATED PER HOUR) - USD 75

GROUP THERAPY (10-20PAX) - USD 100

PRE- MARRIAGE THERAPY- USD 300

CRISIS COUNSELLING - ON DEMAND

USE OUR OFFICE FACILITY @ A FEE...(TALK TO US)



Where to Find Us...

Online: www.phdwellnessHub.Org
In-Person:

The Applewood Adams Complex
@Adams Arcade; 7th Floor, Rm. 704

N/B ALL Appointments MUST be booked on phone/Online

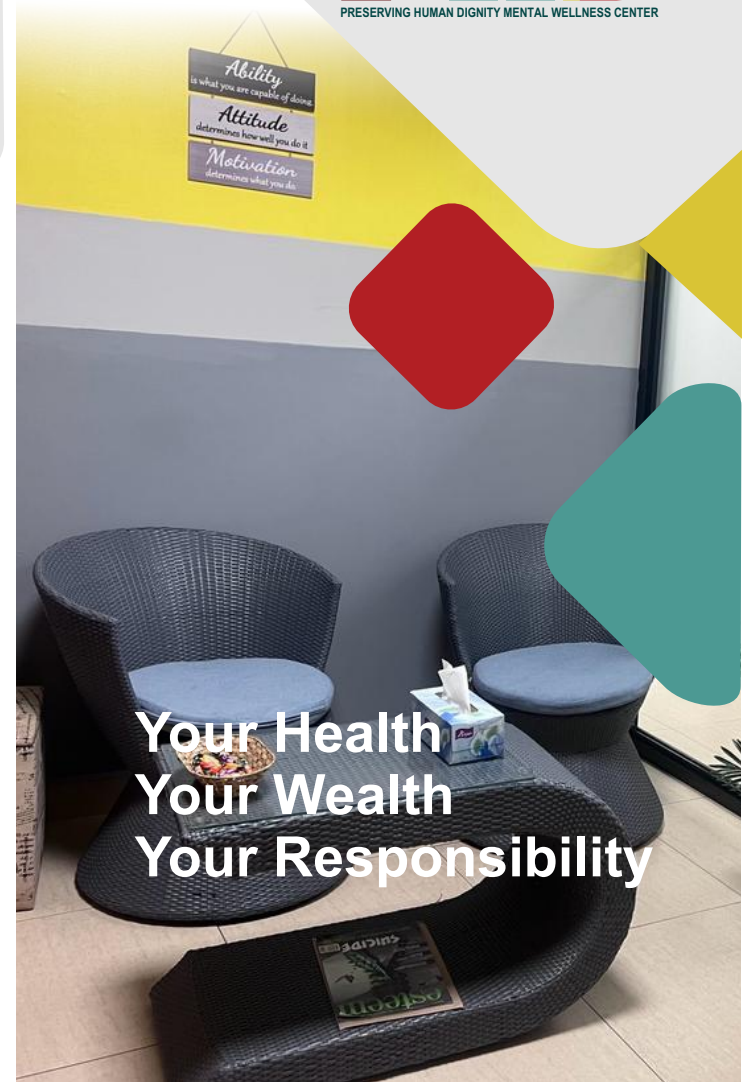
Payment Methods...

Pesapal
MPESA Paybill -4088631
Direct Bank transfer

@ Preserving Human Dignity Mental Wellness Center;
African Banking Corporation-abc Bank
-Green House Mall Branch- Accounts:
(Ksh. 011215001006697/ USD: 011215011006698)

Talk to Us:
Princess- 0702 248 249

Do you want to Donate to Us?
(See above Bank Account details for how to!)
Put a smile on the face of our Pro bono recipients today by your Sacrificial Giving.
Remember:
"We may not Walk in your Shoes, but we can be part of your Healing Journey"



**Your Health
Your Wealth
Your Responsibility**



OUR OBJECTIVES:

- Mainstreaming Professional Care
- Maintaining human dignity
- Mentoring the NextGen
- Meaningful Strategic Partnerships with like-minded organizations for maximum impact

OUR IMPACT:

- An average of 100 girls and boys offered pro-bono therapy every quarter.
- 3-5 Couples attended to at the Marriage Garage every week.
- Over 1000 students accorded professional group in our NextGen Care Clinics every month in Schools & Colleges.
- Ongoing Peer to Peer support and capacity building accorded to 5 Counseling therapists every month (In- house Resource Center & Library).
- Advanced plans to Offer Internship opportunities for Counselling/Psychotherapy Students in training

OUR VISION:

“A safe space where skilled help is curated in a holistic approach for the good of All humanity.”

OUR MISSION:

An ethically driven Center of excellence where professional help and supportive therapy that is age-sensitive, need-driven and client centered happens”.

OUR MENU:

- Child therapy and mental assessment
- Teen/Adolescent Support and Care
- Career Guidance
- Addiction (s) therapy (Drugs/Substance/Sex/Gadgets: Use, Misuse and Abuse)
- Premarriage/ Marriage therapy
- Grief Care
- Separation/Divorce Care Clinics

OUR APPROACH

- Integrative Therapy (Humanistic, Mindfulness, Person-Centred)
- Psychodynamic- Psychotherapy/ Counselling
- Cognitive Behavioural Therapy
- Spiritual (Soul) Care