Wisdom Centre

A Ministry of the Daughters of Wisdom

We create space for people. . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

To arrange to view our rooms:

Tel: 01794 830206 or email:
reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity in a hectic and stressful world.



The Tree of Life Café (above) is led by SHFT Chaplains and supports mental wellbeing in the community

Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk
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Counselling Facilities at Wisdom Centre

A Guide for Practitioners



- Attractive clean facilities
- Daytime Reception staff
- Parking for therapist (and client where possible)
- Disabled parking and full access
- Hourly, 1/2 day and full day booking
- Facilities for individuals, couples, families, groups and training.
- Daytime, evening and Saturday options
- Wifi for online working where needed.

Wisdom CENTRE

Counselling Facilities at Wisdom Centre

A Guide for Practitioners

Wisdom Centre is an excellent venue for counselling/ therapy. We believe we have created a secure, confidential, safe, welcoming and calm environment for both the therapist and client. We are open, day time, evenings and Saturday mornings.

Our receptionist is on duty 8.30-5pm and staff are on hand during the evenings. Rooms are cleaned regularly. We are able to provide a hospitality tray for counsellors using rooms for a half day session or longer. WiFi facilities enable a blended approach to counselling, for example during family counselling when a participant wishes to attend online.

Wisdom Centre provides an ideal venue for traditional counselling, trauma work, CBT, psychotherapy, couple counselling, hypnotherapy, mindfulness, EMDR and a variety of other psychotherapeutic approaches. A variety of room sizes means families and groups can be easily accommodated.



Opposite, views of our buildings and grounds, featuring our labyrinth garden. At the foot of this page is our sitting room which is often used for counselling.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you and your clients will be able to enjoy during your visit, and at any other time. As well as the Labyrinth garden we have a rose garden and the quiet secluded Centenary Garden.









Additionally, the Centre hosts the Tree of Life Café. A drop in Café run by the community mental health teams for people interested in wellbeing, peace and connection.

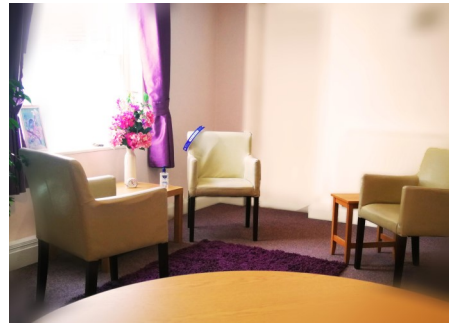
The Café meets every Monday. Invite your clients to join us: 2.30-4.30pm in the Dining Room, Wisdom Centre or in the Rose Garden on a nice day.

Counselling Spaces



Comfortable surroundings which are kept clean.

Socially distanced seating for a small group. A meeting table is available and makes a good work space for the therapist who wishes to integrate online therapy or catch up on paperwork





A safe and friendly environment

Training, group therapy, mindfulness and Twelve- Step group facilities. We have facilities for a mixture of both ‘in-person’ and ‘online’ groups

