FUNDACJA
OCALENIE

PSYCHOLOGICAL ASSISTANCE FOR FOREIGNERS

Ocalenie Foundation offers psychological counselling, therapy and consultation conducted in a safe, respectful and confidential environment.

We invite you to talk about:

- problems related to difficult or traumatic past experience,
- currently experienced crises,
- difficulties related to change of status, social position, culture shock,
- experience of separation from the family,
- prolonged feelings of uncertainty or stress,

and

- **receive support and understanding** in difficult situations,
- **improve understanding and coping** with your emotions (fear, anxiety, loneliness, aggression),
- **consult** before making major life decisions,
- **find solutions** to the encountered problems,
- **find motivation** to change.

Do not hesitate to contact us!

The consultations are provided in Polish, English and Russian.

Consultations in Russian:	Tuesday:	15:00 – 19:00
	Friday:	8:00 – 13:00
Consultations in English:	Monday:	14:00 – 19:00
	Thursday:	8:00 – 13:00

Consultations **in Polish** can be held at any of the above terms. It is possible to arrange consultations in other languages which are then held with support from a trained interpreter.

All our services are **free of charge.**

Please, make an appointment in advance via:

phone: 22 828 04 50
email: psycholog@cpc.org.pl
Our address: Fundacja Ocalenie
Ul. Koszykowa 24/1
00-553 Warszawa

We encourage you to contact us via email,
we will be happy to answer all your questions.