



WELCOME TO OUR

First Newsletter

About Us



Zehira-Kedesh is rooted in the belief that each person was lovingly woven together by the Creator and was planned on purpose and with purpose. Your life matters and you exist for a reason. The circumstances surrounding your conception do not change your innate worth or value. God wanted you. Your life's journey up to this point may not have been what you envisioned for your life, but the good news is there is HOPE.

Healing can occur, relationships can be restored, addictions can be broken, trauma can become a symbol of strength and growth is possible. God can turn your story into a message. It starts with one step towards the path of healing and growth – call us now.

↓ In this newsletter you will find:

New Website Domain, More About Our Company, Where to Receive Updates and More...



Why We Do What We Do

YOUR STORY IS IMPORTANT

In a world filled with chaos, it can sometimes feel like we are living in a movie where we are observing our life instead of living it. We feel trapped in an endless cycle of waking up, completing tasks and going to bed. A world where each day is exactly the same as the one before. A life of mere breathing and survival.

Yet, the truth is that every person was created for a reason and was placed on earth with a unique purpose. You were never created just to survive - you were created to thrive.

Finding your purpose, discovering who you were created to be and living it, leads to a sense of fulfilment. It also leads to an abundant life where your light can shine and your story can make an impact.



**Planned on purpose and
with purpose. Your life
matters!**



Self-Care Tip

JOURNALLING

Journalling is an excellent way to voice your feelings in a safe space without having to deal with the reactions of others. The idea is to write down what you are experiencing, how it makes you feel and to reflect on what you've discovered about yourself or the situation.



Our Blog

WHY READ OUR BLOG?

The Blog is an excellent way for you to stay up to date with what is happening in Zehira-Kedesh and learning about more things to help expand your mental health tool box.

Session Aims and Content

HOW DO WE DETERMINE THE FOCUS AREA?

Zehira-Kedesh is established on the principle that people were created, not to experience an existence, but an abundant life. A life in where people can unlock their God-given potential and discover their gifting, purpose and calling. We believe that abundant life is possible for all people, however the actual depiction and understanding of what it means to have an abundant life, that will differ from person to person.

Our goal is therefore to help you achieve YOUR OWN understanding of what it means to have an abundant life through counseling that fosters emotional healing, personal growth, positivity and resilience.

We know that it can be difficult to ask for help, which is why we believe that all sessions should be client-led. We work at your pace and focus on the issues you believe is most relevant to you. There is absolutely no pressure to delve into the “past” or to proverbially “run” through sessions when you feel like you are barely able to get up in the morning. Your voice matters and we work according to your pace and your needs.



Visit our new website!

WE ARE EXCITED ABOUT OUR NEW DOMAIN!

Our new website offers a very user-friendly lay-out and an overview of our company and the services it provides. With the new updates, clients are able to schedule their sessions online by completing the contact form and are able to stay up to date with new content by exploring Blog. Links to our social media pages can also be found on the website.

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