

Cost

The Oasis Centre provides affordable counselling to those of low income who would otherwise not be able to avail of counselling. The client and counsellor will agree a weekly fee that can be afforded by the client. No person will be denied counselling because of lack of finances.

Opening Hours

Our services are available Monday - Friday, mornings, afternoons or evenings.

We rely on voluntary donations for the continuation of our services



Convenient to: Amiens Street, North Strand, Connolly Station, Docklands Train station, LUAS, North Circular Road, East Wall, O2 Arena, City Quay, Samuel Becket Bridge and the NCI Luas stop



The Oasis Centre



Counselling and Therapy

Tel: 01-836 4524

Deora Counselling

Bereavement Counselling

Addiction Counselling

Drop-in and Outreach Counselling

Suicide Crisis Intervention, Prevention & Postvention

Suicide Intervention Training

Tel: 01-855 0730

Oasis Mindfulness Training

Mindfulness Based Stress Reduction (MBSR)

Mindfulness-Based Relapse Prevention (MBRP)

Tel: 01-836 4524

E: info@oasiscentre.ie

W: www.oasiscentre.ie

Opening Hours: Monday - Thursday 9.a.m. – 9.p.m

Friday 9.a.m. – 4.p.m



The Oasis Centre

*an oasis of calm in
the busy city...*



COUNSELLING AND THERAPY

DEORA COUNSELLING

OASIS MINDFULNESS CLINIC

The Oasis Centre,

St. Laurence's Place East

Seville Place, Dublin 1

Tel: 01 - 836 4524 01 - 855 0730

Email: info@oasiscentre.ie

deora@oasiscentre.ie

Web: www.oasiscentre.ie



The Oasis Centre

An Oasis in the City...

The Oasis Centre provides a professional counselling and therapy service to individuals, couples and groups facing issues of a personal or professional nature. The Oasis Centre was established in 1996 as an "Oasis" to the North Inner City

The Oasis Centre incorporates Deora Counselling and the Oasis Mindfulness Clinic.

Mission Statement

The Oasis Centre is committed to the provision of counselling and confidential support to individuals and groups, in the context of holistic care to address the personal, social and spiritual needs of the person and to enable wholeness, wellbeing, healing and self-reliance.

We aim to foster an environment which promotes accessible and affordable counselling which is person-centred and creates an atmosphere of trust, respect, encouragement and integration.

What is Counselling?

Talking to a counsellor, can help you work through personal difficulties, find solution or explore the possibilities of change.

Counsellors are trained to listen and to help you explore your feelings, thoughts and behaviours in a safe, confidential and non-judgmental way. Counselling aims to help and support those troubled by their past, present or future.

It enables those who seek help to find resources within themselves to manage day to day living as well as crisis situations and to discover better ways of coping in the future.

Our Counsellors

Most of our counselling staff are accredited by IACP, IAAAC or the IAHIP or are working towards accreditation. A smaller number are counsellors in training from counselling training colleges in Dublin. All our counsellors and therapists adhere to recognised codes of ethics with the highest professional standards and attend regular supervision.

Our Services

The **Oasis Centre** offers one-to-one counselling and therapy in respect of an extensive range of personal life problems including:

- * Anxiety / Panic
- * Depression
- * Family/Relationship Issues
- * Psychological, Sexual, Emotional Abuse
- * Self-Image/Low Self-Esteem
- * Parenting
- * Sexuality
- * Emotional Crisis
- * Major Life Changes

Deora Counselling is a specialized counselling and crisis intervention service working with losses due to bereavement, addiction and suicide intervention. We also provide a number of workshops throughout the year.

SafeTalk is a 3 hour training to prepare you to become a suicide alert helper. Applied Suicide Intervention Skills Training (ASIST) is a 2 day workshop to help you to become more ready willing and able to help a person at risk of suicide. Further information and dates of these workshops can be found on our website www.oasiscentre.ie or telephone us at 01- 836452

The Oasis **Mindfulness Clinic** provides eight week trainings in Mindfulness Based Approaches which can help participants move beyond stress, anxiety, depression, self-doubt, cravings and other challenging behaviours.