

What difference do we make?

Impact on Individuals

"For the first time in years, I can look at myself in the mirror... **and like what I see...**"

"I came to my first appointment in fear and trembling, thinking nothing could help... life was hopeless... but through my counselling **I came to see that I am a person of worth...** I have hope for the future... it's a real turnaround."

On their friends and family

"I honestly don't know... it's been an amazing journey for me... and it's **impacted all around me.**"

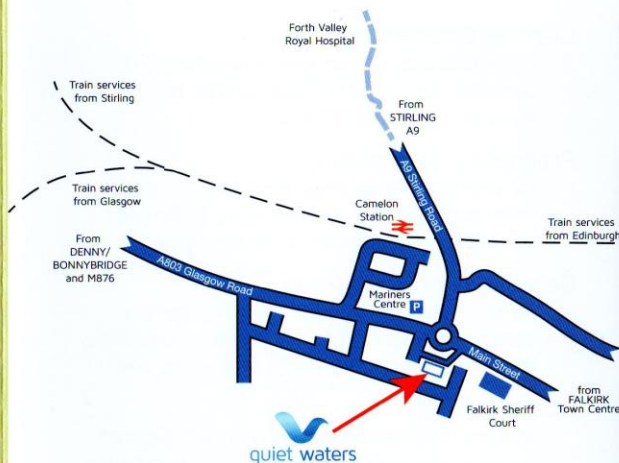
"We are no longer disabled and feel free and at peace... our relationship is now stronger than before, the future looks good, **our whole family is happier...** thank you so much."

On the wider community

"this was the most invaluable and inspiring training I have ever had... **it has helped me help others so much better.**" (Street Pastor)

"The training and follow-up work we received... has transformed the nature of pastoral care within the local church **and enriched our work in the community.**" (Church Leader)

Where to find us



Quiet Waters Charitable Trust

2 Glasgow Road
Camelon
Falkirk
FK1 4HJ

Contact Us

Telephone: 01324 630 643
E-mail: office@quiet-waters.org

Website

www.quiet-waters.org

Quiet Waters is a registered Scottish Charity SC023661

quiet waters

listening counselling and training



"because God loves people"

About Quiet Waters

Who are we?

Our name 'Quiet Waters' (Psalm 23) evokes images of a safe and peaceful place for reflection, healing and restoration; a place for putting right all that diminishes a full and truly human life — and expresses something of Quiet Waters' self-understanding and vision.

Our aim is to provide a range of listening and counselling services, free of charge, for the people of Central Scotland that will improve the quality of life of individuals and families, by enabling them to cope with trauma and loss; to overcome personal, relational, and spiritual difficulties, and to re-establish a sense of self-worth and connectedness within the family and wider community.

Our ethos We seek to meet people at their point of need and to journey with them as their need requires, unconditionally and without discrimination or partiality of any kind.

What services do we offer?

General Counselling

for individuals and couples struggling with personal, emotional or relationship issues; past hurts or present problems.

Pregnancy Counselling

for women whose pregnancy has become a crisis and for those experiencing difficulties following a termination or miscarriage.

Bereavement Support

for those struggling with the pain, sorrow, confusion, anger, guilt, and endless questions that often follow the death of a loved one.

Spiritual Care

offering a listening ear and spiritual support for patients, their family, and staff faced with the questions and anxieties that arise at times of suffering, ill-health, trauma, and loss. (Service provided in local hospitals).

Email Support

providing emotional and spiritual support for those who cannot access our centre-based services in person because of distance or disability, or who simply prefer to express their thoughts in writing.

Training

delivering a range of short courses and workshops in pastoral care and counselling for individuals, local churches and a wide range of voluntary organisations.

Our services are based on Christian commitment, insight and values, treating all who use the services with empathy and respect, acknowledging their uniqueness and value, and right to make their own life-choices.

Check out our website or contact us for more information on Quiet Waters and our services.

How can I get involved?

If you share our values and passion for seeing lives changed Get Involved!

Praying – sign up to receive the Quiet Waters' News and keep in touch by visiting our centre, attending our annual conference and other events as you are able.

Volunteering – help deliver our services, and if that's not for you, support those who do. Pick up our 'About Volunteering' leaflet to find out more.

Training – enhance your listening and counselling skills and learn more about helping others within the pastoral and community setting. Pick up our 'About Training' leaflet to find out what's coming up.

Fundraising – organise a coffee morning, run a marathon, join our fundraising group... whatever best fits your talents and circumstances to help us maintain a free service.

Spreading the Word – make the work and services of Quiet Waters better known within your church fellowship and circle of friends; or join our team to take the Quiet Waters' story to churches and the wider community.

Check out our website or contact us for more information on how you can best get involved.

