



& Counselling Academy



Movement • Mindset • Wellbeing

Stronger Minds.
Healthier Hearts.
Better Lives.

Counselling and Skating
working together for
your wellbeing.



At JSKATE & Counselling Academy,
we believe true wellbeing comes
from a **healthy mind** and an **active body**.

Our counselling and psychotherapy services
support individuals, couples, families and
children to overcome life's challenges,
heal, grow and thrive.