



# ADULT & FAMILY CARE

Creating a healthy mind is an investment in your overall well-being.



**KALEIDOSCOPE**  
*Counselling for a Quality Life*



# About Kaleidoscope

Life is a journey through changes. As we evolve, we grapple with several changes which are physical, emotional and psychological. These changes often leave us confused and yearning for support and guidance. Kaleidoscope is your true friend and a mentor on this journey called life. We believe in a preventive and holistic well-being of an individual. We seek to understand and track these patterns of change to help make the journey of life, a smooth and fulfilling affair for individuals, organizations and communities.

**Kaleidoscope is steered by a team of experienced and internationally certified psychologists who have helped design programs, workshops and counseling sessions to suit individuals, cutting across all age groups.**

We provide a safe space for every individual to express their innermost feelings with ease, without judgment and with their dignity. We provide our services at our care centers and through our outreach programs. We aim to be the catalyst to reform whole communities and societies by making mental wellness a part of our ecosystem.

# Adult and Family Care

Our urban lives are becoming more and more stressful with each passing day. Most of us find it difficult to cope with life in general, with challenges cropping up from almost all aspects of life, be it marital, parenthood or work. We struggle with issues like sadness, tension, anxiety, conflict, difficulty with work pressure, getting along with colleagues, low self confidence, social anxiety, etc. Such challenges have a very different effect on our mind and body. Difficulties like, low mood, feeling low all the time, disturbances of sleep, anger issues, chronic aches and pains and more, start to show up. The feeling of being stuck, persists. Usually these challenges do not go away with time or on their own.

Most of the times it is the fear of being judged by others as being weak or hopeless, that stops us from seeking the right kind of help. Coming to a mental health professional for the first time, for such issues, can be daunting. There are questions and apprehensions that can deter us from the decision of visiting a psychologist.

Here at Kaleidoscope, we have a dedicated team of experienced psychologists who listen closely to your story with empathy, support and complete confidentiality. Our aim is to understand your challenges and its cause. We can help by providing therapeutic services so that you can find the right way towards a peaceful and healthy life.

## Our Services:

**1.**

**Counseling**

**2.**

**Standardized Assessments**

**3.**

**Workshops & Programs**

**4.**

**Creative Therapies**

## Adult and Family Care Services

# 1. Counseling

We offer one-on-one counseling session to individuals who are facing difficulty in their day to day life which is eventually taking a toll on their personal and professional lives. The difficulties could be personal or could be related to family, relationship, maternity, work or career.

### We can help you with:

- Stress
- Anger issues
- Chronic fatigue
- Anxiety
- Depression
- Suicidal thoughts
- Addiction
- Break ups
- Self image issues
- Relationship or Marital difficulties
- Parenting difficulties
- Insomnia
- Low self esteem or confidence
- Grief or Trauma
- Difficulties related to providing care to specially-abled person or chronically ill person
- Career related doubts or stress
- Work related stress



**We have a team of experts working in this field for years. The counseling that we provide includes:**

**One-to-One counseling** for any difficulties that you are facing like stress, anxiety, anger issues, break up or any other life situation. We provide one-on-one sessions to understand, help learn techniques, and devise coping mechanisms for the difficulties faced by you.

**Couple counseling** for pre marital and marital issues or conflicts like communication gap, anger issues, decreased quality time, technology interference, infertility issues or lack of intimacy. We provide couple counseling to help them understand and work towards their relationship better.

**Family counseling** for issues related to the individual but in context of the family system, like domestic violence, anger issues, issues in family dynamics or adolescent behavior problems, initial marriage teething issues, etc. We provide family counseling for the family members also to psycho-educate them and help them manage issues amongst them.

**Career counseling** for college students, by using standardized assessment tools followed by one-to-one career planning sessions, to provide best career information, plan of action and goal monitoring.



**We are committed to provide incredible services to our clients as our team comprises of experts from these counseling fields who are trained and internationally certified, and help you find your way back to a life that is healthy and peaceful.**



## Adult and Family Care Services

# 2. Standardized Assessments

We also provide administration of several standardized assessment tools to understand your concerns more objectively, which includes assessment for depression, anxiety and other psychological disorders as well as personality, intelligence, aptitude, achievement, general well-being, etc. We also assess your key strength areas that can be beneficial for creating individualized target plans for your growth, development, and wellbeing.

Standardized tools give us an objective report about the concern areas and the severity of the symptoms, that helps us formulate the necessary counseling plan.





## Adult and Family Care Services

### **3.** Workshops & Programs

Our mission is also to provide a helping hand to all the sectors of society and to masses. With that vision, we also offer self-growth and development workshops and programs; psycho-education on topics such as stress, anxiety, depression, suicidal tendencies, relationship difficulties, parenting, etc. These workshops and programs work on evidence-based principles to make a difference in the key areas of your life. The comprehensive nature and experiential delivery of our workshops ensure a transformation in your life and that the learning stays with you for a lifetime.



## Adult and Family Care Services

# 4. Creative Therapies

We provide a wide range of therapies for people who experience different types of emotional pain, vulnerability, life struggles or mental health issues. Our team of psychologists specializes in Art Therapy, Dance Movement Therapy, Music Therapy and so on. Each therapy is influenced by its unique medium or form, giving it the flexibility to meet the complex needs of our clients.



# Why Us?



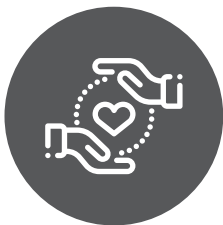
## Team:

- Internationally certified Mental Health Professionals
- Reputed Advisory Board
- Associated with the best Neurology tertiary Care Hospital
- In house expert team on research and development



## Centre:

- Specialized care centre
- Specifically designed boutique consultation rooms
- Five senses room for experiential comfort
- State of Art Facility



## Services:

- One stop solution for mental wellness services
- Preventive and promotive help for all age groups
- Assessments and evidence-based interventions
- Focussed Holistic well being
- Transparency, Confidentiality and Safe Space



**problem**

**thinking**

**solution**



### SENIOR CARE

Joyful Companionship  
Home Therapeutic Counseling  
Alzheimer and Dementia Care  
Home Management  
Health Management  
Bon Voyage  
Elite Seniors Club



### CHILD & ADOLESCENT CARE

Growth Monitoring Screening (GMS)  
Counseling  
Standardized Assessments  
Workshops  
Career Planning  
Creative Therapies



### ORGANISATION SUPPORT

Peak performance program  
Trainings and workshops  
one counseling services  
Creative therapies



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