

# Solace Forest

Home of Self Love in abundance

Solace Forest is a safe embracing space where you can explore, find and nurture yourself. A place to hurt and heal, get guidance and support on your journey back to knowing and loving yourself abundantly.

I'm Solas, a Qualified Mental Health Coach, and Cognitive Behavioural Therapy (CBT) Practitioner.

Self Relationship is my passion. I believe it is the key to happiness, inner peace and feeling fulfilled in your life. You are your lifelong companion.

I would be honoured to be your support and guide, on your journey.

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[www.solaceforest.com](http://www.solaceforest.com)

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