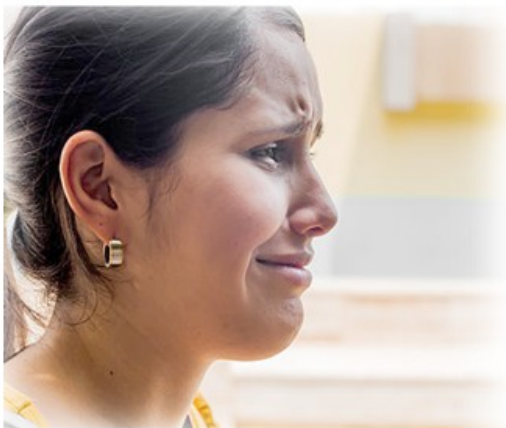


## Ħidma ta' **Ħelsien Emozzjonali** għalik?



Fiċ-Ċentru Antida, tal-Fondazzjoni Santa Ġovanna Antida, ngħinuk tinheles minn taqlib tal-qalb, u anki *forsi* minn xi uġiġh fiżiku jekk dan ikun qed jirriżulta minn taqlib emozzjonali - meta inti tkun thoss li tkun trid jew tixtieq teħles u tfieg minn dan it-taqlib.

Ngħinuk f'każ li jkollok bżonn tholl xi għoqod fis-sentimenti tiegħek, anki dawk li jkunu ilhom hemm is-snin, bħal rabja qawwija, jew anzjeta', memorji koroh, jew meta thossok li ma tiswa' xejn, jew ċerti fobiji (biżgħat mhux rejalistiċi). Ngħinuk taħfer, jekk trid taħfer iżda thoss li ma tistax. Anki lilek innifsek.

Il-metodi li nużaw normalment huma bla uġiġh, sikwit huma ta' malajr (sagħtejn jew inqas, iżda kultant ikun hemm bżonn aktar minn laqgħa waħda.)

Is-suċċess huwa sikwit hafna\*. Jekk ma jirnexxix fuqek dan ix-xogħol, ma tkunx saret ebda

(\* *90% ta' każijiet taqlib emozzjonali f'min ikun immotivat jinheles minnu, fejn ma jkunx hemm mard mentali*

hsara. Is-soltu ma' jkunx hemm tqanqil kbir, u wara thossok tassew meħlusa u fis-sliem. Tajjeb għalik anke f'każ li forsi ma' tixtieq tidhol f'hafna dettall dwar xi haġa li għatlek, għax tibza' li b'hekk terġa' twegġa'.

Anzjani, adulti, studenti, żagħżagh, tfal mal-ġenituri. M'hemmx hlas.

*(Tapplikax għal dan is-Servizz ta' Ħelsien Emozzjonali jekk kellek psikożi jew għandek mard mentali serju; f'dak il-każ il-Fondazzjoni tagħna għandha servizzi oħrajn għalik minflok dan; jew nirreferuk għal servizzi ta' aġenziji oħra.)*

Ċentru Antida, 51 Triq Hal Tarxien, Hal Tarxien. Ċempel 2180 8981 u staqsi għal Nora jew social worker oħra minn qabel, għal appuntament għal dan is-servizz. Meta ntuk appuntament, ara li tasal hames minuti qabel; tikkancellax fl-aħħar minuta. Nawgurawlek is-sliem!



NGO Reg Nr. VO/0005/14.5.08  
[www.AntideMalta.com](http://www.AntideMalta.com)

Phone: 2180 8981  
Email: [macen.sjaf@gmail.com](mailto:macen.sjaf@gmail.com)

*Is-servizz wkoll nagħtuh mill-internet - permezz ta' Skype. Nippreferu nitaqgħu miegħek qabel.*

*Min jagħti dan is-servizz huwa rreġistrat u kkwalifikat bħala AAMET EFT Practitioner.*

*Is-servizz huwa "komplementarju"; mhuwiex minflok il-kura medika, psikjatrika, jew psikanaliżi. Jekk għandek bżonn kura medika, hudha. Id-deċiżjonijiet tiegħek dwar pilloli u tobbja ma nistgħux nieħdu risponsabbiltà aħna dwarhom.*

*Dettalji għall-professjonisti, artikli, eċċ fuq: [www.AntideMalta.com](http://www.AntideMalta.com)*

Verż 3, 2015

Image above by Chris Stromblad from Karlskrona, Sweden (Happiness) [CC-BY-SA-2.0 (<http://creativecommons.org/licenses/by-sa/2.0/>)], via Wikimedia Commons



Għalik: **Servizz ta' Ħelsien Emozzjonali**

\*\*\*  
**Emotional Freedom Service for You**

Ċentru Antida  
St Jeanne Antide Foundation  
51 Tarxien Road, Tarxien



Welcome Centre  
**Ċentru Antida,**

— post ta' merħba —

Winter : Mondays to Thursdays 8:00am - 5:00pm;  
Fridays: 8.00 to 6.30pm

Summer: Mondays to Fridays 7.30 to 1:30 pm

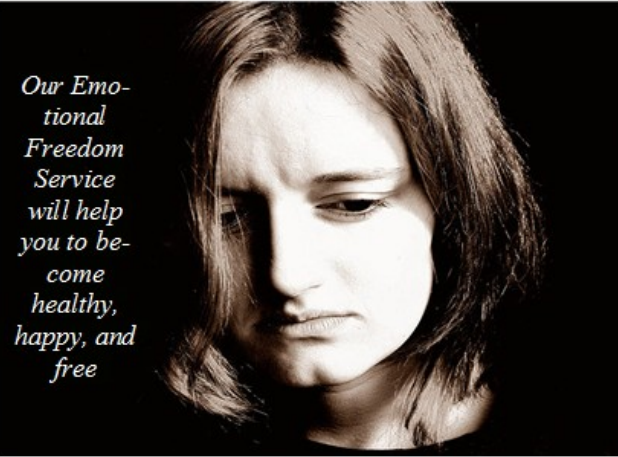
*inheles, strieħ, aqdi, u ħobb*

**Tel. 2180 8981**

Image above by Catherine Scott (Family <3 Uploaded by Yjenith) [CC-BY-SA-2.0 (<http://creativecommons.org/licenses/by-sa/2.0/>)], via Wikimedia Commons

We give you back your  
**Emotional Freedom**

*Our Emotional Freedom Service will help you to become healthy, happy, and free*



At the Antide Welcome Centre of the St Jeanne Antide Foundation, we help you to forgive, if you feel that you want to but cannot. We also help you melt away emotional blockages, even those that have been with you for years, such as deep anger, anxiety, bad memories, feelings that you are worthless, or certain phobias (unrealistic fears). We help you if you feel that you wish to get rid of this distress.

The methods we use are normally pain free, often rapid (two hours, though some cases require more than one session).

The rate of success is high\*. If the work is not successful on you, no harm is done. Normally the work will not upset you, and afterwards you will feel liberated and at peace. This work is suitable for you even if you are unwilling to go into detail of some past event because you are afraid of being hurt

(\*) 90% of emotional distress cases where the person is motivated and has no mental illness.

again.

Elderly, Adults, Students, Young Persons, Children with parents. There is no fee.

(Please do not apply for this Emotional Freedom service if you had psychotic episodes or if you have a serious mental illness - in that case, our Foundation can offer you other services instead; or refer you to other agencies.)

The Antide Welcome Centre, 51 Tarxien Road, Tarxien. Phone Nora or other social worker on 2180 8981 for an appointment for this service. When we give you an appointment, please make sure that you come 5 minutes early. Do not cancel at the last minute. We wish you peace!



We also give this service via internet, using Skype. We prefer to meet you first.  The Service is delivered by a person who is registered and qualified as AAMET EFT practitioner.  It is a complementary service; it is not a substitute for medical or psychiatric care or psychotherapy. If you need medical attention, get it! We cannot take responsibility for your decisions about taking your prescribed medication.  Do not pressure or oblige anyone to come — we work only with willing persons, even if they are sceptical.  Information for professionals & other literature at [www.antidemalta.com](http://www.antidemalta.com)



**Emotional Freedom Service**

**Be free to relax, to live,  
to love, to serve**

St Jeanne Antide Foundation Reg Nr. VO/0005/14.5.08  
[www.AntideMalta.com](http://www.AntideMalta.com)

Ver 3,  
2015

Phone: 2180 8981  
Email: [macen.sjaf@gmail.com](mailto:macen.sjaf@gmail.com)