

PAULINE HOME COUNSELLING CENTRE, MULKI.



We live in a world where many people carry invisible wounds. While physical injuries are often noticed and treated, emotional pain, psychological struggles, spiritual emptiness, and broken relationships frequently remain hidden beneath smiling faces. Stress, anxiety, depression, loneliness, family conflicts, addiction, grief, trauma, and the pressures of modern life have become increasingly common, affecting people of all ages. In such a context, the ministry of counselling has become not merely an option but a necessity. It is a sacred ministry of listening, accompanying, healing, and empowering people to rediscover meaning, hope, and purpose in life.

Recognizing this urgent need, **Pauline Home Counselling Centre**, situated at Karnad, Mulki, Mangalore, was established as a ministry of the **Society of the Sisters of St. Ann of Providence**. It is the only counselling centre in the Congregation, reflecting the Sisters' commitment to respond creatively to the signs of the times. Inaugurated on **5 July 2020**, during a period when the world was facing the unprecedented challenges of the COVID-19 pandemic, the Centre became a beacon of hope for individuals and families struggling with fear, uncertainty, grief, isolation, and emotional distress. Since then, it has continued to extend its healing ministry to countless people suffering from psychological, emotional, physical, relational, and spiritual woundedness.

The vision of Pauline Home Counselling Centre is **"To have life in all its fullness through healing and transformation,"** inspired by the words of Jesus: *"I came that they may have life, and have it abundantly"* (John 10:10). Healing is not simply the absence of illness but the restoration of wholeness—mind, body, heart, relationships, and spirit. Transformation is a gradual journey of discovering one's inner strengths, healing painful memories, rebuilding

broken relationships, deepening one's relationship with God, and growing into the person God created each one to be.

Its mission, **"To rekindle hope and contribute to holistic health and total well-being,"** expresses the Centre's commitment to accompany every individual with compassion, dignity, and professional competence. Hope is often the first casualty when people experience suffering. The counsellor's role is not to solve every problem but to walk with people, helping them recognize their inner resources, develop healthy coping skills, and discover that healing is possible. Every counselling session becomes a sacred encounter where acceptance replaces rejection, understanding overcomes judgment, and hope triumphs over despair.

The ministry of Pauline Home Counselling Centre is deeply rooted in the healing ministry of Jesus Christ. Throughout the Gospels, Jesus encountered people with compassion, listened to their stories, restored their dignity, forgave their sins, healed their wounds, and reintegrated them into the community. Following His example, the Centre offers a holistic approach that integrates psychological science with spiritual wisdom. It recognizes that every person is unique, created in the image and likeness of God, deserving respect, confidentiality, and compassionate care.

As members of the Society of the Sisters of St. Ann of Providence, this ministry reflects the charism of compassion, service, and providential care. It reaches out to children, adolescents, youth, couples, families, priests, religious, senior citizens, and all those searching for emotional balance, spiritual peace, and renewed purpose. Through individual counselling, family therapy, psycho-spiritual accompaniment, life-skills education, mental health awareness programmes, retreats, seminars, and community outreach, the Centre strives to build healthier individuals, stronger families, and more compassionate communities.

Today, as mental health concerns continue to rise and many people silently carry burdens they cannot share, the mission of Pauline Home Counselling Centre becomes increasingly relevant. Every act of listening with empathy, every word of encouragement, every journey of healing, and every life transformed contributes to building God's Kingdom of love, peace, and hope. May this ministry continue to be an instrument of God's healing presence, helping all who enter its doors to experience abundant life, inner freedom, and lasting transformation.
