

Counselling

We offer assistance to children, adults, couples and families experiencing grief and loss, family, relationship and marital difficulties, stress, anxiety and depression, transitions in personal or family circumstances and pregnancy loss.





What we can provide:

- Support in difficult times
- A listening, independent ear
- Help with recognising and building on strengths
- The opportunity to gain new perspectives and insight into problems
- Strategies for coping with stress and major life changes

We offer counselling in person, online or over the phone.

Fees are flexible and can be discussed. **No Mental Health Care Plan is required.**

Please note our services require an intake assessment to ensure they are suitable.

Please access the booking page via the QR code below to book a suitable time for us to contact you. If the matter is urgent please call **02 4254 9395**



catholiccare.dow.org.au

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