



How do I make a counselling appointment?

Counselling is provided in a number of locations as listed below. For appointments and enquiries, please contact **1300 651 728**.

Counselling locations:

- Bega
- Bowral
- Cabramatta
- Campbelltown
- Epping
- Frenchs Forest
- Gladesville
- Katoomba
- Kensington
- Liverpool
- Moruya
- Norfolk Island
- Nowra
- Parramatta
- Penrith
- Springwood
- Summer Hill
- Ulladulla
- Wollongong

1300 651 728
counselling@anglicare.org.au
anglicare.org.au



Why come to counselling?

Counselling offers privacy and safety for people to speak about their concerns to someone who is professionally trained and impartial. This can help you to understand what is happening, clarify goals and consider options for change.

If you are experiencing a relationship difficulty, counselling can still be of benefit even if your partner or other family member is not able or willing to attend.

What kinds of things can be discussed?

Counselling provides the opportunity to discuss a wide range of concerns including:

- relationship enhancement
- communication difficulties within couples or families
- post-separation and divorce issues
- family crisis or change – e.g. remarriage, resettlement, workplace change, illness and death
- children and young people facing family disruption
- grief and loss
- conflict
- family and domestic violence
- decision making
- sexual issues
- emotional difficulties
- depression and anxiety

Who are the counsellors?

All our counsellors are experienced professionals who have completed relevant tertiary training. They belong to recognised professional organisations and are bound by a code of ethics.

Anglicare counsellors are people with Christian values and work with people from all faiths and all walks of life. All counsellors participate in ongoing professional development and regular clinical supervision to maintain standards of excellence.

How much does counselling cost?

Most services require clients to contribute towards the cost. Contributions are generally based on income. However no one is denied access to our services because of their inability to pay.

Some services are provided free of charge, depending on funding. We receive funding for some services from the Australian Government Department of Social Services, the Attorney General's Department and NSW Department of Communities and Justice.

Counselling costs may also be covered if it is apart of your NDIS or Aged Care Package. Costs will be explained when you call to arrange an appointment.

What other services are available?

NDIS Psycho-social support:

- counselling can be provided to assist you to work towards your goals for greater well-being and participation in life

Aged Care packages:

- counselling as part of your goals for well-being and independence

Prepare/Enrich:

- relationship evaluation as part of marriage or re-marriage preparation
- marriage and relationship enrichment

We also offer a range of services to individuals, couples and groups including:

- family and relationship education
- courses and seminars
- mediation
- men's behaviour change program