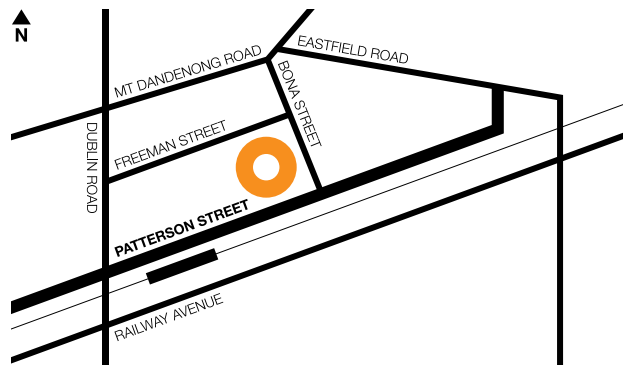


The **community health counselling** team is made up of staff who have extensive experience and training in counselling.

each counsellors aim to work in a respectful way, to build on your existing strengths and increase your sense of power over the difficulties you may be facing.

community health counselling
75 patterson street ringwood east 3135 vic
t 9837 3999 f 9870 6356
info@each.com.au



each social and community health
partners in building healthy communities

main office
46 warrandyte road ringwood 3134 vic
t 03 9871 1800 f 03 9870 4688
info@each.com.au **each.com.au**

community health counselling



what is counselling?

Counselling provides an opportunity to meet with a non-judgmental and professionally trained counsellor. You will be able to discuss a range of life issues that may affect your ability to get through your day to day life.

The counsellor will work with you to explore more effective ways of managing the difficulties you may be experiencing.

You would usually begin your counselling work by talking about your concerns then you would make an agreement with the counsellor on how to work together to make the best use of your time.

What you talk about in counselling is confidential unless we are concerned that there is a serious threat to you or someone else, or we are compelled to provide our files by a court order. If anything like that happens we would, where possible, discuss it with you before taking any action.

each community health counsellors do not provide court reports.

how do I make an appointment?

Call the **each** Ringwood intake worker on **9837 3999**. As demand for our service is often high, you may be placed on a waiting list.

how many sessions will I need?

This varies from person to person, but generally people are offered 6-8 sessions with a review. Sessions are usually about an hour and may be weekly or fortnightly.

who might be involved in my counselling?

At times, you and your counsellor may decide that it would be helpful to have other people be a part of the counselling such as family members, partners, or even other professionals.

Your counsellor may also assist you by linking you into other community services in the area.

what might people come to counselling for?

- Grief and loss
- Depression
- Domestic violence
- Family or relationship issues
- Anxiety
- Stress

what type of programs are provided?

- Family Violence education and support group
- Break Free from Anxiety education group
- Tuning in to Kids parenting education group
- Saturdads, a facilitated playgroup for fathers and pre-school aged children

is childcare available?

There is limited onsite childcare available for pre-school aged children of clients attending counselling sessions. Please discuss this with the intake worker when you first contact the service.

is there a fee?

Whilst there are no fees to access counselling at **each**, clients are welcome to make a small contribution to support the service. There may be some fees to access particular group programs.