


Counselling for wellbeing



Everyone faces life challenges, whether they are relationship problems, school difficulties, the loss of a loved one, managing change, or just feeling low. Sometimes we find it hard to understand our own behaviour.

A professional counsellor can provide impartial and confidential support, and assist with strategies for getting through difficult times.

HOW COUNSELLING CAN HELP

COPING STRATEGIES

Support for those affected by low mood, sadness, lack of motivation, indecisiveness, anger, worrying, social isolation and/or distress.

RELATIONSHIPS

Issues in your intimate partner relationship or with other key people in your life, such as family or work colleagues. Individual, couple or family counselling available.

SEPARATION AND DIVORCE

Support in managing the impact of separation and divorce, including personal emotions and ways to minimise stress and negative consequences for children.

GRIEF AND LOSS

Dealing with bereavement, change, painful personal history or stage of life challenges, and developing a recovery plan.

STRESS

Exploring the triggers of stress, how to identify and develop coping strategies, and promoting self care.

SELF-ESTEEM

Overcoming the negative self concept associated with low self esteem, and its impact on interpersonal relationships.

PARENTING

Calling on Camcare's extensive expertise in working with parents on a broad range of parenting issues.

DIFFICULTIES AT SCHOOL

Coping strategies for children and young people experiencing social isolation, study, school or family stresses.



Protecting Your Privacy: camcare.org.au/privacy
Valuing Diversity: camcare.org.au/diversity



Ashburton

📍 4 Y Street,
Ashburton, VIC 3147

☎ 9809 9100

✉ camash@camcare.org.au

Camberwell

📍 51 St Johns Ave,
Camberwell, VIC 3124

☎ 9831 1900

✉ camcare@camcare.org.au