

How can we help?

Feeling unhappy?

Got a problem?

Want support?

Want a reference or report?

Want some-one at a meeting or court?

Have a State Debt? Driving Fines?

Lost some-one to suicide?

Have issues with relationships?

Want to improve your life?

Neighbourhood Centres:

Coffs Harbour: 6648 3694

Urunga: 6655 6993

Bellingen: 6655 1239

Macksville: 6568 2305

South Grafton: 6642 6843

Grief & Loss Worker

Suzie: 0400 319 819

suziemoran@live.com.au

Court Support Service

Frances: 0411 726 409

frances.somosi@gmail.com

Counselling Services Inc:

CEO Supervising Psychologist

Chris Boris 0407 668915

chrisboris1@hotmail.com

counsellingservicesinc@hotmail.com

www.counsellingservicesinc.org.au

Counselling Services Inc

**Free Services through
Neighbourhood Centres
by Graduate Volunteers**

**Generalist Counsellors
Provisional Psychologists
Court & Meeting Support
Grief & Loss Worker**

No referral necessary

No eligibility criteria

No limits on service

Not-for-Profit NGO

Established 2001

FREE SERVICES:

Generalist Counsellors and

Provisional Psychologists:

Provide one hour face-to-face sessions to discuss your concerns, at Neighbourhood Centres (or at CHESS and Key Employment). This is a confidential service, which allows you to explore your feelings, thoughts, behaviours, issues and possible solutions.

Psycho-education and interventions are available, and different practitioners have different styles and techniques. Develop trust-rapport with someone who can listen, be non-judgemental, ask questions, give exercises, and help in your self-empowerment.

Assessments & Reports

Provisional Psychologists can administer tests and write reports for you to give to solicitors, doctors, case managers etc, to help advocate your case. Generalist Counsellors can write you references.

WDO

If you have a State Debt we can apply for a Work and Development Order to 'work off' your fines: hourly rate of \$50 for counselling and training or course attendance, and \$30 for volunteer work.

Court Support Service

Would you like someone to attend court, a tribunal or an official meeting with you? A support person can reduce stress and isolation; and can improve power dynamics for better outcomes in meetings.

Grief & Loss Worker

Initial telephone support for all kinds of grief and loss, with the possibility of face-to-face sessions.

Living With Suicide Support Group

A long-term Support Group for people who have lost someone to suicide, facilitated by our Grief & Loss Worker. Talk to Suzie about a referral to this.

Workshops

Can be developed and facilitated to meet client groups and staff interests such as assertiveness, mindfulness, recovery. They will be advertised. Grief & Loss Clinics are run in Aged Care Facilities.

Expressive Therapies

In the past we have had Drama and Art Therapists and a Healing Choir available. We look forward to offering this again when qualified staff is available.

VOLUNTEER STAFF:

Generalist Counsellors have at least a degree in Counselling or Psychology, and most have post-graduate qualifications of Psychology Honours, or Masters in areas like Gestalt or Social Work.

Provisional Psychologists have Honours and an AHPRA approved 2 year work internship. There is more emphasis on testing, diagnosis, reports, evidence based techniques and interventions.

A lot of staff also volunteer at Lifeline, and are involved in services like Miindala. Some have private practices for counselling, and a variety of experience in related fields such as welfare.

Professional Development sessions are offered monthly, facilitated by members of staff, the supervising psychologist, and guests such as clinical psychologists for areas of specialisation.

Court and Meeting Support volunteers may not have university qualifications, but undertake an orientation, on-going training and supervision. They have an open heart, head and hands.

UNFUNDED NGO:

Counselling Services Inc is a Not-for-Profit, Non-Government Organisation, which is not funded. We often hold a monster-affle to raise funds to help pay for our insurance. Any donations are greatly appreciated, as fund-raising activities take energy away from direct service provision.