

FEAR—TO BE
AFRAID AND
WORRIED

CHANGE—TO GIVE
A DIFFERENT
POSITION, COURSE
OR DIRECTION

FREE—NOT HELD
BY SOMETHING

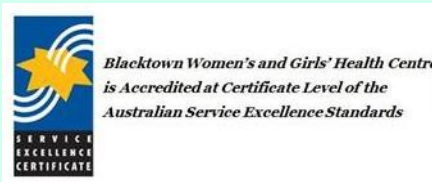


Please see below some of the various issues our generalist counsellors can assist with:

- ◆ Relationship difficulties.
- ◆ Bereavement–Grief
- ◆ Anger
- ◆ Low confidence
- ◆ Depression
- ◆ Anxiety & fear
- ◆ Confusion
- ◆ Feelings of hopelessness
- ◆ Guilt, shame and self-blame
- ◆ Feelings of unhappiness
- ◆ Loneliness
- ◆ Feeling stuck
- ◆ Feelings of being overwhelmed
- ◆ Family issues
- ◆ Case Management

“The secret of CHANGE is to focus all of your energy not on fighting the old, but on building the new”.

SOCRATES



FUNDED BY :
NSW DEPARTMENT OF HEALTH
Administered by Western Sydney Local
Health District | LEGAL AID NSW

Generalist Counselling Services for Women and Girls

**Blacktown Women's and Girls'
Health Centre Inc.**
6 Prince Street
Blacktown NSW 2148
Phone: 02 9831 2070
Email:
info@womensandgirls.org.au
Web: www.womensandgirls.org.au



Blacktown Women's and Girls' Health Centre
and
**North West Sydney Women's Domestic
Violence Court Advocacy Service**

If you desire change for any of the issues listed in this brochure, please contact the Centre.

Our Counsellors undertake regular professional training. And they have the required qualification's to assist you with your required support and referral needs.

We look forward to meeting you!

Fees for Counselling & Case Management

\$25.00 - Working
\$10.00 - Part-time workers
\$5.00 - Concession / Low Income

Other Services provided at Blacktown Women's and Girls' Health Centre which complement generalist counselling:

- * Massage
- * Naturopathy
- * Referral and Information
- * Support Groups
- * Women's Court Advocacy Support
- * Women's Health advice and referral services

OPENING HOURS:

Monday – Friday

9.30am – 12.30pm &

1.30pm – 4.30pm

Please note:

Some services are available by appointment only

Are you missing part of the jigsaw puzzle?

Do you need assistance to search for the missing pieces ?

Is there another way of viewing the puzzle?

*

You deserve to live the picture wholeheartedly

