

WELLINGTON



nurtured ~ resilient ~ inspired
children & families

Counselling at Birthright Wellington

Free for Birthright Wellington clients

Counselling can help you to:

- Build confidence
- Find direction and purpose
- Find solutions to current unresolved problems
- Extend your parenting skills
- Reclaim a healthy balance in life
- Manage and ease depression, anxiety, stress and fear
- Feel good about yourself

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Counselling is now available at Birthright. The sessions are free, held at the Birthright office and the number of sessions available are flexible depending on the issues and your need.

Counselling is an opportunity to develop the ability to kindly and gently explore your thoughts, feelings and behaviour, to assess the impact of trauma and challenge and to discover how to use your own resources to feel more empowered to initiate and maintain the changes you want to make for yourself.

Julie Smart is a trained counsellor. She has a background in mental health nursing and has worked in community agencies for many years.

If you think counselling might be helpful for you, talk to your Social Worker about making an appointment.

Birthright Wellington
89B Thorndon Quay
Wellington 4500
PO Box 706
Wellington 6140
E: info@birthrightwellington.org.nz
0800 457 146
www.birthright.org.nz

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