

# REFERRALS

You can refer yourself from our website, by email or by calling us.

You can also be referred to our service by your healthcare or education providers, legal professionals, or your community workers.

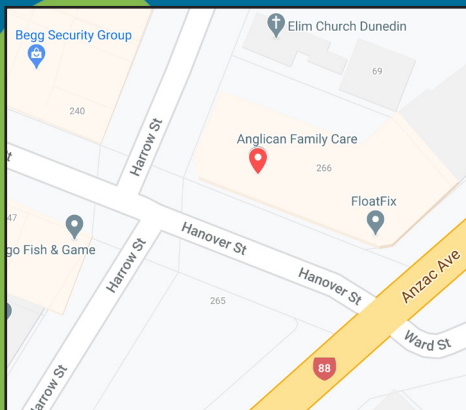
# CONTACT US

0800 FAM CARE

0800 326 2273

AnglicanFamilyCare.org.nz  
Enquiries@FamilyCare.org.nz  
facebook/AnglicanFamilyCare

266 Hanover Street, Dunedin



Strong, connected and thriving  
whānau and tamariki

# SUPPORT US



Therapeutic  
Services  
Counselling



The counselling service offers free counselling for individuals with a focus on restoring parents/caregivers wellbeing to strengthen relationships within the family.

“Counselling... has given me the ability to see my **strengths**, and **confidence** to make new choices.

Our short-term service is offered in a warm, welcoming, and non-judgemental space, with a solution focused approach. We hold at the core of our values that the client has the resources to find solutions to manage life's often complex and sometimes unexpected challenges.

We accept self-referrals, or with consent, referrals from any other professionals involved in supporting a family. Counselling is delivered by qualified members of the New Zealand Association of Counsellors (NZAC).

I am now **in control** of my life and feel better than I have felt in a long time.”

“Counselling helped me to focus on **getting my life back** on track...”



“I was in a very difficult place in my life, but counselling **helped me more** than I could have imagined. She **really understood me** and helped me to deal with my problems in a more constructive way.”

The nature of counselling is to assist clients to increase their understanding of themselves, in their relationship with others, to bring about change in their lives (NZAC, 2016).

On occasion, we have counselling students on placement who are in their final year of study.

All our students are well supervised and working towards their membership to the New Zealand Association of Counsellors (NZAC). Working with students is voluntary.

“Life can be chaotic and demanding, but I realised that **spending a little time** for myself has helped me and my family tremendously.”