

## **COUNSELLING RESOURCE LIST**

### **ANGLICARE**

*Joondalup (9301 8500) contact for more details and referral process*

Services:

- General 1-1 counselling
- Counselling for separation, divorce, marriage counselling and domestic violence.
- Mediation program
- Support for children after separation program (1-1 counselling).
- Children 5-11yrs free

Cost: Measured by household incomes and can negotiate a fee with the counsellor.

### **WANSLEA**

*Clarkson (9245 2441) contact for more details and referral process*

Family Service Programs – visit website or contact for more information

### **RELATIONSHIP AUSTRALIA**

*Joondalup (6164 0440) contact for more details and referral process*

Offers counselling and group support for men, woman and children.

Before counselling can commence, any court orders need to be witnessed by the counsellor. The Court Orders can be emailed or delivered in person to the office.

If the counselling sessions are for a child then the first session is with the parent alone to identify issues that the child and family are experiencing. This helps the counsellor to have a background of the issues in order to provide an effective and suitable service.

Available counselling times:

Mon-Thurs - Daytime

Mon and Tues – Evening

Cost: Measured by household incomes

## **CENTRECARE**

*Joondalup (9300 7300) contact for more details and referral process*

Offers counselling and group support for men, woman and children.

Services include:

- General 1-1 counselling and family counselling.
- Counselling for separation, divorce, marriage counselling, gambling and domestic violence.
- Mediation and parenting programs

Cost: Measured by household incomes

## **PATRICIA GILES CENTRE**

*(6444 7682)) Contact for more details and referral process*

Offers a range of Family Violence Services to women and children including:

- Counselling
- Therapeutic groups
- Parenting support

## **ISHAR (Ishar Multicultural Women's Health Centre)**

*(9345 5335) Contact for more details and referral process*

Ishar offers a range of services to woman and families of all cultural backgrounds.

Services include:

- Health Service (doctor, antenatal)
- Counselling
- Carers Support
- Group programs for Women

## **Local Doctor (GP) – Mental Health Plan**

Book an Appointment with your Local Doctor and ask about completing a Mental Health Plan to see whether you're eligible to access counselling sessions on the Medicare Scheme.