

COUNSELLING

CatholicCare offers a range of affordable support services to those in need. Our skilled and caring team can support **INDIVIDUALS, COUPLES** and **FAMILIES** with these challenges:

Trauma Experiences

Life Changes

Optimising Health and Well Being

Depression and Anxiety

Family and Relationship Challenges

We offer face to face counselling services from our **WOLLONGONG, NOWRA** and **CAMPBELLTOWN** offices, as well as flexible phone-based sessions and online video services (ZOOM), to meet your needs.

We are not a crisis service – all clients require a phone intake session prior to booking an appointment with one of our counsellors.

To find out more about our counselling services visit our website, or to book an appointment please **CALL 4254 9395**.

