

## Meaghan Cook

Counsellor and Education Specialist

### Helping Children Navigate the World

Improving the quality of children's lives through evidence-based practices and a strengths based approach



### Providing Support for Children Experiencing

School reluctance	Excessive worry	Neurodivergence challenges
Outbursts or tantrums	Difficulty concentrating	Withdrawal
Extreme mood swings	Struggles at school	Low self esteem
Aggressive or defiant behaviour	Changes in sleep or eating patterns	Difficulty making or keeping friends

### Parental Support Services

Assistance managing challenging behaviours  
Strategies to reduce parenting stress  
Skill-building to support your child's needs

To schedule an appointment or for more information please contact **Barwon Heads Family Practice**

**No mental health plan or referral required**

**BARWON HEADS FAMILY PRACTICE**  
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