

It's about you!

Our counselling service is focused on the needs of our clients—*you!* So it is important to find a counsellor that you can be comfortable working with.

Our counselling team are all professionally trained and abide by the Codes of Ethics of the New Zealand Association of Counsellors (NZAC) and New Zealand Association of Christian Counsellors (NZCCA). For a full profile of our counsellors go to the C.A.R.E. Waitakere website www.carewaitakere.org.nz

How much does it cost?

It is our philosophy to ensure that anyone can access our professional counselling services. We understand that some people have financial challenges and are not always able to afford the help they need. Therefore we set fees on a sliding scale.

You may be eligible for subsidised funding through WINZ, CYFS, Family Court or your GP.

It may also be an option for you to access the services of our counsellor interns for a small donation (conditions apply). Our interns are in the process of completing their counselling training. They are professionally supervised and also receive on-going in-house training and monitoring of their work.

Please call us to discuss which option best suits you.

Services for Counsellors

We also provide mediation, workplace and clinical supervision for practising counsellors as well as professional development sessions throughout the year. Call us to find out more.

FREE Budgeting Service

We also provide a FREE budgeting service. Our service is affiliated to the NZ Federation of Family Budgeting Services. Call us today (09)8346480 to make an appointment to see one of our friendly and NZFFBS accredited budgeting advisors.

New Life, Growth, Strength, Peace



The logo of C.A.R.E. Waitakere Trust is an adaptation of the koru, a native plant unique to Aotearoa, New Zealand. It is a representation of the service that we are proud of at C.A.R.E. as we endeavour to support families and members of the community become restored and empowered to a new life of growth, strength and peace.

The House that C.A.R.E. built



Come and visit us at:

C.A.R.E. House, 64 Waipani Road, Te Atatu Peninsula, Auckland, Telephone 09 834 6480,

Website: www.carewaitakere.org.nz

Email: counselling@carewaitakere.org.nz

Charity registration number: CC26583

Counselling Care

Restore. Empower. Growth



 **C.A.R.E.**
Waitakere Trust
Coming Alongside to Restore and Empower

Charity registration number: CC26583

Why do I need counselling?

In counselling we support you to explore your current difficulties, challenges and concerns, and to develop more satisfying, resourceful ways of living.

Counselling can help you:

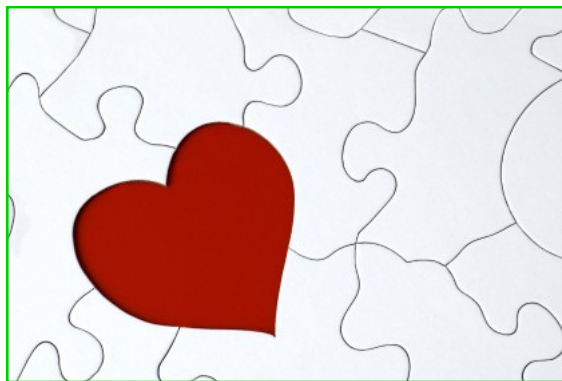
- Explore why you feel, think and act the way you do
- Understand yourself better by looking at what your values are and what motivates you
- Set goals and steps to help you reach them
- Relate confidently and effectively with others
- Understand and manage stress
- Develop self-esteem and respect for others
- Explore your spirituality
- Implement the change you need
- Develop new resources and skills for the journey ahead

"When I started seeing a C.A.R.E. counsellor I was in such a dark place of hopelessness. I had no idea that how I see life could change so much or that it could become something I embrace. Thank you to C.A.R.E. for holding on to hope for me all of this time." C.A.R.E. Client



How we can help you

We provide affordable, professional and confidential counselling services that can help you through any of the following issues:



Anxiety **ANGER MANAGEMENT**

depression family issues trauma

grief & loss **domestic violence**

addiction issues marriage issues

mental health disorders **phobias**

pre-marriage **self-esteem issues**

sexual abuse Relationships

SPIRITUAL DIRECTION **PARENTING**

spiritual issues & abuse

stress management identity issues

Counselling for Children

If you think your child would benefit from counselling then our child therapy team can help. They are professionally qualified and passionate about helping children get the best out of life.



We also offer the following personal and family strengthening courses:

Seasons for Growth



An eight week course that enables children to understand the changes and feelings they experience because of a significant loss or change in their lives. This may include the death, separation or divorce of parents or other major change in the home environment.

Parenting Support



Building Families for Life

An eight week course for parents or caregivers. Parents learn about their own parenting style and gain knowledge and skills to help them better understand their role as parents.

We also partner with **Adventure Specialties Trust** to provide the **'Mums on the Move'** and **'Dads on the Move'** programmes as well as **'Family Adventure'** camps. Talk to us today to find out how you and your family can benefit from these programmes.