

One on One Counselling

C.A.R.E. Waitakere Trust provides one-on-one counselling for your children up to 16 years of age.

Our Counsellors/Child Therapists

Jane Hepburn
& Cathy Dodd



Cathy Dodd

Dip. Couns., Dip. Teaching, MNZCC

Cathy is passionate about children, teenagers and adults having a voice. As a counsellor, she is particularly interested in life transitions, personal identity, grief and loss, anxiety and depression, and family relationships. As a child therapist, her life experience and skills have taught her the value of play in helping children share their difficulties and discover their strengths. She also values working alongside families for the child's optimum growth.

Jane Hepburn

B.Couns, MNZCCA

Jane enjoys meeting with children, adolescents, adults and families. She likes helping people grow through life's challenges and works alongside clients experiencing depression, stress, anger, grief, self-esteem, relationship and identity issues. Her past experience includes intermediate school counselling and helping children through separated and/or blended families. Jane has two adult children, two grand-daughters and she can juggle!

Helping children grow through Significant loss and change



Seasons for Growth' is an eight week programme for children who are missing someone significant in their lives because of:

- the death of a loved one
- separation of parents, or
- other major family change

Children meet for one hour each week during the school term. They learn different coping strategies and positive skills for living with change and loss. They:

- Learn about the effects of change in their lives
- Understand it is normal to experience a range of emotions because of loss
- Develop new skills in coping with their feelings and other grief reactions
- Appreciate and nurture their strengths and gifts

Our child therapists use art and craft, role plays and books in their sessions. By the end of the programme the children will have had a chance to talk about their story, their feelings (especially anger), memories (good and bad), changes, and learn how to manage their loss and how to move on when they are ready.



Support for Parents and Caregivers



Building Families for Life is an eight week parenting programme that teaches parents how to raise loving and responsible children to reach their personal best in life.

Each two hour session covers a different aspect of understanding children and their needs. Parents will learn how to:

- Identify different parenting style
- Recognise their own parenting style
- Become the parent they want to be
- Know what children need
- Really love their children
- Set clear limits
- Help their children think about their actions and reactions to events



Storm Birds is a four week programme for children who have experienced a natural disaster firsthand or have been adversely affected by one in some way.

Please contact us on (09)834-6480 to register for one of our programmes or for more information.

Comments from children in the Seasons for Growth programme about the most important lesson they've learnt.

"We are not alone and how to care for others." Boy, 11 years old

"That you can talk to anyone that you trust." Girl, 12 years old

"To support each other and respect other kids." Girl, 10 years old

"How to cope with my anger." Boy, 12 years old

"To talk to someone when I'm hurt." Girl, 10 years old

"Changes make you stronger." Girl, 11 years old

"It is normal for things to change" Boy, 8 years old



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 and Programmes for
Children and their Parents*

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