



# Counselling Information Brochure

16 Orwil Street Frankston

Phone: 9783 5073

Monday to Friday

9:00am—3:00pm

Meet our accredited and  
experienced counsellors

Orwil Street Community House wishes to meet the needs of the community in the best possible way, and our counselling services are offered by accredited and experienced counsellors.

## WHAT IS COUNSELLING ABOUT?

We all need someone to talk to at some time in our lives and it is often good if they are outside our situation.

In a counselling session you are encouraged to talk about feelings concerning yourself and your situation. The Counsellor will listen to you in a supportive and non-judgmental way and in some cases offer suggestions in ways of dealing with your situation.

## HOW CAN INDIVIDUAL COUNSELLING HELP?

Individual sessions can help to make sense of a problem or difficulty in your life. Counselling offers a safe, confidential setting where one can explore concerns, behaviour, or crisis, working through feelings of inner conflict.

Feelings such as unhappiness, loss, anxiety or confusion can be acknowledged and expressed. You decide what to reveal and the extent of your exploration, free of restrictions felt when talking to friends or family. Helping in achieving an understanding of an issue may be enough. You may also use the support to make decisions of choices towards change. Time in counselling provides space, helps you to value yourself and hopefully gain a greater sense of well-being.

To be here for all the community, “disadvantaged” or “impoverished” is not always just financial and physical.

To offer staff, voluntary workers and members of the community opportunities to develop existing skills and gain new ones and to learn, earn, grow (and have fun!!)

To contribute to changing social institutions which hamper the development and empowerment of individuals or groups.

To contribute to the development of a society which recognises the inherent dignity and potential of each individual, and by ability to take and to allow, personal responsibility for life decisions.

### Orwil Street Community House

is now on social media

Please follow us on



Facebook -  
OrwilStreetCommunityHouseInc@orwilst



Inatagram -  
OrwilStreetCommunityHouseInc@orwilst



Twitter-  
OrwilStreetCommunityHouseInc@orwilst

ORWIL STREET COMMUNITY HOUSE  
AIMS AND OBJECTIVES

To provide a comfortable and welcoming place for people to meet.

To encourage and support people of all ages, backgrounds and experiences to share mutual support, friendship and self-help activities.

To help improve the quality of peoples' lives by offering opportunity for the learning and exchanging of new skills; establishing friendships; sharing difficulties as well as triumphs - in a supportive, affirming atmosphere.

To provide a venue for community groups and individuals to meet or to offer their services to the community.

To direct people needing help to the most appropriate resource and, where appropriate, to help make necessary arrangements to obtain the help and guidance required. To communicate at all times in a manner which acknowledges equality and dignity of others. We are professionals but not *professionalised*.

PEOPLE FIRST - PAPERWORK SECOND



Sandra Wilson

Sandra is a Counsellor, Wellbeing Facilitator and Movement Therapist.

She is a person centred therapist who believes in creating the space for people to explore their feelings and emotions, enabling them to create changes in their lives with support and validation. She has extensive experience supporting people who are experiencing anxiety, depression, grief, trauma, relationship issues and other life events which are preventing them from moving forward in their lives. She is creative in her approach assisting her clients to empower themselves. It is her privilege to hold space through listening and supporting them through life transitions.

Sandra holds a Bachelor of Arts (Humanities and Social Sciences), Diplomas of Counselling and Family Intake Support Work and an ACCA Supervisor. She is a member of the Australian Community Counselling Association.



Sandra Garnier

Sandra is a warm and approachable counsellor who believes in people and their ability to overcome life's struggles to find a healthier and more peaceful way of living. She considers her counselling to be a collaboration between herself and her clients, accompanying them as a 'companion' along their journey to wellbeing. Sandra specialises in anxiety/depression counselling as well as relationship counselling and spiritual direction.

Sandra has completed 8 full time years post year 12 study which includes a Bachelor Degree of Social Science (Pastoral Counselling), (plus one year (3rd year) of a Social Work degree, plus a Diploma/of Arts Therapy (total of 4 years of Art Therapy qualifications).

## COUNSELLING FEE POLICY

(Effective January 2016)

In keeping with current trends, and to ensure we give the best service to you, our policy for counselling is as follows:

For the first visit a fee of \$50.00 is required. For all following visits the fee will be \$40.00 per session.

Couple counselling \$60.00 per session.

If cancelling your appointment, 24 hours notice of cancellation must be given, otherwise a fee will be charged.

If you are a new client you may reschedule your first appointment twice giving the 24 hours notice.

If this condition is not met, you will be asked to pay a booking fee of \$40.00 before making any further appointments.

At the first visit you will be given a copy of our policy and will be asked to pay your fees before you commence your appointment.

Cases of genuine hardship will be treated with concern, as it is not our intention to exclude anybody in need.

Belly dance - a low impact full body workout that tones and shapes the body in a fluid like manner. Belly dancing strengthens pelvic muscles, prevents lower back problems, improves posture, improves hip flexibility, and relieves stress.

### PERSONAL TRAINING at Orwil Street -

If you have always wanted to hire a personal trainer, go no further than stopping at our friendly and inclusive Community House where we have our own in house Personal Trainer! Katya offers one on one or small groups sessions covering a wide range of training depending on your needs and goals...On a budget? See what we can arrange for you as we always have specials of some kind.

### SOCIAL GROUPS

Jocks sing a long - Come along for a fun morning, singing some of your favourite songs while socialising in a safe and happy environment. Forget all your troubles for a few hours and feel the benefits of singing with like-minded people.  
People of all ages most welcome!



Runa Eilertsen

Runa is an experienced NLP Life Coach, NLP Practitioner and Counsellor, providing person centred, evidence-based psychotherapy and support to individuals experiencing mental health and/or wellbeing issues and concerns.

Her main aim is to facilitate a safe, confidential and judgment free space for individuals to explore and solve key life problems and challenges.

Runa is skilled in: Mental Health Counselling, Youth Counselling, Neuro Linguistic Programming / NLP Timeline Therapy/Hypnosis, Mindfulness and Self Care. Runa is warm, compassionate and friendly. She passionately enjoys working with individuals on a one to one basis.

Runa is a registered NLP Practitioner and Life Coach, Hypnotherapist and Timeline Therapist and holds a Diploma of Counselling. She is a registered member of ABNLP, ABH and TLTA

## OTHER PROGRAMS OFFERED

The Community House also offers a variety of Support Groups, Health and Wellbeing and Social Groups.

### SUPPORT GROUPS

Steps to wholeness-Anxiety and Depression Group: offering support, understanding and caring within a safe and non-judgemental environment.

Images of Manhood Men's Group - a support group for men examining the role and common problems men face.

Red Group - feel welcome to join a group of women who through interaction, support and companionship, endeavour to find their own authenticity.

Parent/Carers Support and Resources Group - Are you the parent of a child or adult with a disability?. Gain support, friendship and information.

DIDS (Dads in Distress) - for men going through the trauma of divorce or separation.

"Supporting loved ones after suicide" - this is a support group aimed to provide a space to

## HEALTH AND WELLBEING

Meditation - learn to meditate in a relaxing environment and through guided visualization relax and find inner peace and serenity.

Expressive Transformational Dance - Experience liberation, expansion, joy and freedom through dance.

Reiki - Reiki is a Japanese word meaning Universal Life Energy. For enhanced healing and well-being.

Reflexology - a holistic approach in a gentle and natural way to help improve the general well being and increase energy flow to the body.

Mindfulness - look at how we can use mindfulness to regain that stability. Together we will explore what uplifts and motivates us and what stands in the way.