

## **BCH Services Guide - Counselling**

**Ballarat Community Health** offers quality and affordable counselling for individuals, couples and families. Counselling is available to address a range of issues across a person's lifespan. Our counsellors are professionally qualified and highly skilled and bring a depth of knowledge and experience to their work.

### **Why seek Counselling?**

Counselling gives you the opportunity to talk with someone who can assist and support you with problems you may be experiencing in your life. These problems may include:

- relationships
- grief & loss
- anxiety
- depression
- family violence
- anger
- abuse
- stress
- low self esteem

Counselling is a safe place to talk about difficult and sometimes painful feelings, and offers assistance in learning skills to enhance your health and well being. It may focus on:

- practical problem solving
- coping skills
- managing stress
- emotional support
- self-understanding
- relaxation techniques

### **In addition to general counselling we provide counselling for those whose lives are impacted by family violence**

#### **What is family violence?**

Family violence is the repeated use of violent, threatening, coercive or controlling behaviour by an individual against a family member or someone with whom they have, or have had, an intimate relationship.

Family, or domestic violence, may include putting someone down, financial control, controlling or monitoring who is seen socially, being afraid to disagree, as well as physical and sexual assault. If you feel that this is affecting your life, you may wish to speak with someone who understands and can help you to make sense of it all. The abuse you experience in your relationship is not your fault.

#### **Who may seek assistance?**

BCH receives funding specifically for women and young people; this counselling is provided free. Men experiencing family violence are assisted through our generalist counselling service.

[www.dvrc.org.au](http://www.dvrc.org.au)

[www.thelookout.org.au](http://www.thelookout.org.au)

[www.safesteps.org.au](http://www.safesteps.org.au) )

Counselling for new arrivals and refugees

New arrivals and refugees at times struggle with all the changes and uncertainty in their lives and counselling can provide a space to explore these issues.

Our counsellors are also trained in working with people who have experienced torture or trauma. This counselling is provided free.

## Branching Out

Branching Out is nine week group which aims to assist you to develop greater self-confidence, to re-discover what is important to you and to make meaningful changes in your life.

### Program Information

#### What is it about?

Branching Out is nine week group which aims to assist you to develop greater self-confidence, to re-discover what is important to you and to make meaningful changes in your life.

#### Where and when is it held?

[Wendouree](#)

Tuesday, 17 April 2018 to Tuesday, 12 June 2018

Tuesday: 12:30 pm-3:00 pm

#### How do I get into the program?

Contact Pauline or Fiona W to register on 5338 4500

## Branching Out Self-Esteem Group

The Branching Out Self-Esteem Group helps you build your self-esteem.

**The group covers many topics including:**

- How low self-esteem develops
- How low self-esteem is maintained
- Negative self-criticism and beliefs
- Changing your view of yourself
- Challenging negative beliefs and developing healthy self-esteem.

**As a result of attending you may:**

- Build a more realistic view of yourself
- Understand how thoughts create our feelings
- Identify helpful and unhelpful thinking
- Learn to take healthy risks in your life
- Develop strategies and tools to work on self esteem

## Program Information

### What is it about?

A group to help you build your self-esteem.

The group covers many topics including:

- How low self-esteem develops
- How low self-esteem is maintained
- Negative self-criticism and beliefs
- Changing your view of yourself
- Challenging negative beliefs and developing healthy self-esteem.

As a result of attending you may:

- Build a more realistic view of yourself
- Understand how thoughts create our feelings
- Identify helpful and unhelpful thinking
- Learn to take healthy risks in your life
- Develop strategies and tools to work on self esteem

### Who is it for?

People who wish to improve their self esteem.

### Where and when is it held?



Thursday, 14 February 2019 - 2:30pm

### How much time will it take?

2 hours per week for 8 weeks

### Who provides it?

Qualified professional counsellors.

### How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to one of our counsellors to see if this group is suitable.

It is not suitable for the following people: those who are homeless, recently separated or bereaved, in an abusive relationship and/or experiencing an untreated mental health issue.

## Family Violence Counselling

Do you feel:

- Isolated from family or friends?
- Constantly criticised, or made to feel worthless?
- Afraid to disagree?
- Pressured or vulnerable?
- That your children are being bullied?

Individual and shared counselling is a way to talk about your situation. It offers assistance in learning skills to enhance your autonomy, health and wellbeing.

### Program Information

#### What is it about?

Do you feel:

Isolated from family or friends?

Constantly criticised, or made to feel worthless?

Afraid to disagree?

Pressured or vulnerable?

That your children are being bullied?

Individual and shared counselling is a way to talk about your situation.

It offers assistance in learning skills to enhance your autonomy, health and wellbeing.

#### Who is it for?

Women and young people who have experienced abuse or still experience abuse in their relationship with a partner or family member.

#### Where and when is it held?

Thursday, 14 February 2019 - 2:30pm

#### How much time will it take?

Counselling sessions are 1 hour for initial sessions.  
Further appointments are made as required.



Monday to Friday, 9am - 5pm

**Who provides it?**

A qualified counsellor

**How do I get into the program?**

Phone Ballarat Community Health on 5338 4500 or fax 5339 3044.  
Waiting times may apply.  
The intake worker will assess priority.

## Free Relaxation Classes

### Free Relaxation Classes

Relaxation skills can help you de-stress both your mind and your body; can assist with reducing anxiety, managing chronic pain, improve sleep and contribute to your overall well-being.

### Program Information

#### What is it about?

Relaxation skills can help you de-stress both your mind and your body; can assist with reducing anxiety, managing chronic pain, improve sleep and contribute to your overall well-being.

#### Who is it for?

Everyone and in particular people experiencing stress, anxiety, sleep disruption and chronic pain.

#### Where and when is it held?

##### [Smythesdale](#)

Tuesday: 10:45 am-11:15 am

##### [Sebastopol](#)

Tuesday: 12:15 pm-12:45 pm

##### [Wendouree](#)

Wednesday: 10:30 am-11:00 am

#### How much time will it take?



30 Minute classes

## How do I get into the program?

Contact the Counselling Team on 5338 4500



## Trauma & Torture Counselling

This specialist counselling program is available to refugees and asylum seekers at any time following arrival in Australia. It aims to help survivors find a way forward as they strive to live with memories and consequences of their experiences with courage and dignity.

### Program Information

#### What is it about?

This specialist counseling program is available to refugees and asylum seekers at any time following arrival in Australia. It aims to help survivors find a way forward as they strive to live with memories and consequences of their experiences with courage and dignity.

#### Who is it for?

Refugees and asylum seekers who have experienced trauma and torture.

#### Where and when is it held?

Thursday, 14 February 2019 - 2:30pm

#### How much time will it take?

Initial appointments are 60 to 90 minutes; further appointments are made as required.  
Monday to Friday 9.00am - 5.00pm

#### Who provides it?

Qualified counsellor

#### How do I get into the program?

Phone Ballarat Community Health on 5338 4500 for an appointment.

#### Other Information



Waiting times may apply.  
The intake worker will assess priority.  
Telephone interpreter services are used as required.