

SHE

Support ♥ Heal ♥ Enrich

SHE is a therapeutic group for women who have experienced domestic and family violence, and want to develop skills & strengths for their wellbeing, relationships and future goals.



This is a new service for women who have previously engaged in individual counselling and would like the support, healing and enrichment that a safe, therapeutic group can offer.



We explore a range of areas including healthy relationships, self-nurture, respectful communication, personal boundaries, confidence, mindfulness... and more.



SHE runs continuously through the year, during school terms in eight-week blocks. If you would like to enquire about joining, please contact Kylie on 3269 0277 or by email at kheenan@sandbag.org.au



SANDGATE & BRACKEN RIDGE ACTION GROUP INC.

Bracken Ridge Neighbourhood Hub

77 Bracken Street
Bracken Ridge Q. 4017
Ph: 3269 0277

Sandgate Community Centre

153 Rainbow Street
Sandgate Q. 4017
Ph: 3869 3244



SANDBAG's Counselling Service is funded by the Department of Child Safety, Youth and Women.



Counselling Service including Domestic & Family Violence

**BRACKEN RIDGE NEIGHBOURHOOD HUB
77 BRACKEN STREET
BRACKEN RIDGE Q 4017**

PH 3269 0277

kheenan@sandbag.org.au

WHAT DOES SANDBAG'S COUNSELLING SERVICE DO?

The service aims to help adults and young people to respond to life's challenges and to make the **positive changes** they want for their lives and their families.

WHO DOES THE SERVICE HELP?

SANDBAG offers free counselling to **women and young people (5+ years)** who are impacted by **DOMESTIC & FAMILY VIOLENCE**.

SANDBAG also offers free counselling to **adults and young people (5+ years)** around a range of issues such as:

- **ANXIETY & STRESS**
- **PARENTING & BEHAVIOUR**
- **RELATIONSHIPS**
- **GRIEF & LOSS** *(...AND MORE)*

Referrals to **other counselling services** will be provided for:

- **CHILDREN UNDER 5 YEARS OF AGE**
- **COUPLES COUNSELLING WHERE DOMESTIC VIOLENCE HAS OCCURRED**
- **MEN WHO HAVE PERPETRATED OR ARE VICTIMS OF DOMESTIC VIOLENCE**
- **CLINICAL ASSESSMENTS/REPORTS**

WHAT IS COUNSELLING AT SANDBAG LIKE?

Our counsellors use a collaborative, strengths-based approach. This means YOU are the expert about your life & experiences, and we work with you to decide on goals, strengthen your skills and identify your resources.

Our counsellors are appropriately qualified and professionally supervised. We engage in regular training activities to ensure the quality of our work.



CONFIDENTIALITY

- All information is treated as confidential between you and the counselling program.
- Information can only be shared with others if you provide a written authority.
- We can provide you with a letter of attendance upon request.
- The only exception to this is a situation of extreme risk or a court order, and we will discuss this with you where possible.
- SANDBAG's detailed Privacy Statement is available on request or attendance.

HOW DO I MAKE AN APPOINTMENT?

Appointments can be made by contacting the Bracken Ridge office on **32690277** during business hours, Monday to Friday.

Child-minding may be provided for the duration of your counselling session at no cost to you. Please enquire at the time of booking.

Donations towards counselling are gratefully accepted to support our work. Contributions over \$20 are tax deductible.

OTHER PROGRAMS & SERVICES

SANDBAG seeks to integrate its services and programs. This means you may use just the Counselling service, or you or a family member may also be interested in other opportunities offered by SANDBAG:

- **Support to enter the work-force**
- **Social, cultural or recreational activities**
- **Information & referral to other services**
- **Mental health consumer and peer support**
- **NDIS & Disability related support**

Please raise your interest in any of these or other activities with the counsellor, reception staff, or go to www.sandbag.org.au