

Caring For Our Community

"Please don't wait until you hit crisis point."

There's no stigma attached to counselling anymore - if you're struggling, it's perfectly okay to get help. Sometimes a good night's sleep is all you need, or a hug from a friend, or a walk on the beach. But sometimes you need more support. If there's anything people involved in counselling want you to know it's that you don't need to do life on your own.

How Are You, Really?

Carol Parkinson from Christian Counselling Centre in Levin says it is a myth that life is going to be smooth. "Even the ordinary things can be really tough." She also says that some people are afraid of being overwhelmed by their feelings and that talking to someone can really help. The centre has trained counsellors and their service is totally confidential.

9 - 16 June 2008

Counselling awareness week

It's better to talk

Christian Counselling Centre

www.christian-counselling.org.nz

For other counselling services - look in the yellow pages or contact your doctor.

Counselling Week

www.homeandfamily.org.nz

"If you always do what you've always done, you'll always get what you've always got."



Some past experiences with counselling:

"It was life changing."

"The respect, dignity and nurturing I receive is an important key to my healing."

"Thank you for helping me through a rough spot."



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