

Raglan Counselling Service

Why Counselling?

Most people come to counselling because some aspect of their life is not working well for them right now. Reasons vary: depression, grief, stress, parenting and/or relationship issues, work pressure and abuse are just some.

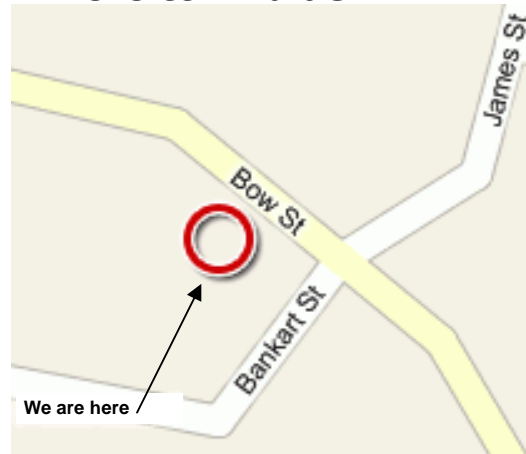
Who can come to counselling?

Any member of the community over the age of 16 years who needs help to address some aspect of their life that is not working well for them right now.

Counselling offers opportunities to work through:

- Present difficulties
- See how past history influences current behaviour
- Improve relationships

Where to find us!



Our Aim

Our aim is to offer affordable counselling to as many people in the community as possible.

This is a strictly confidential service and all client records are kept in locked, secure cabinets which can be accessed only by the Counsellors.

Our Counsellors

Paula Clements: (Diploma in Counselling, Certificate in Supervision, Certificate in Education, Certificate in Psychodrama)
Marrie Daniels: Bachelor of Applied Social Sciences (Counselling), Advanced Certificate in Alcohol and Drug Studies
Member NZ Assn of Counsellors

RAGLAN COMMUNITY HOUSE SOCIETY INC.

Helping the Raglan Community

Raglan Counselling Service



Contact Us:

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Raglan 3265

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What happens in counselling?

Our trained Counsellors will firstly speak to you on the phone. They will then identify a suitable time for you to come in and talk with them. The sessions are one on one and are strictly confidential between you and the Counsellor.

Sometimes just getting in touch with us is the hardest part. Most people find counselling very helpful and look forward to coming back as they learn ways to manage or resolve the issue that has brought them to counselling.

How many times will I need to see the Counsellor?

New clients will be allocated up to six sessions. Extensions will be at the Counsellor's discretion. The frequency of sessions will be discussed between you and the Counsellor.

How much does it cost?

The Counselling Service is partially funded by the Ministry of Social Development through Child Youth and Family. Clients are also asked to make a small donation towards the cost of their sessions.

Donation:

Community Service Card Holders : \$10 per session
Non Community Service Card Holders : \$20 per session

We do not turn people away so please talk to us if the donation is a problem for you.

“The longest journey on earth starts with a single step.”

Lao Tzu, 6th century Chinese philosopher

“My Counsellor has encouraged me to listen to and call on my wisdom within me”.

Client

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