

NewHope Counselling

NewHope Counselling (formerly Karinya Blackburn North) is a not-for-profit centre providing a range of quality professional services to individuals, couples or families regardless of race, gender, religion or social status. The fee scale is moderate.

NewHope Counselling is located at

522 Middleborough Road, Blackburn North

All Psychologists, Psychotherapists and Counsellors are professionally qualified and have various areas of expertise. It is the centre's goal to help and assist clients who are struggling with life issues.

Areas of Expertise

- Grief & Loss
- Depression
- Post Natal Depression
- Anxiety and Panic Disorders
- Anger Management (Men, Women)

- Relationship/ Marriage
- Mediation (Conflict Resolution)
- Family Therapy
- Adolescent & Children

- Intellectual & Physical Disability
- Addictions (Alcohol, Drug, Gambling)
- Suicide Intervention
- Trauma & Abuse
- Eating Disorders
- Chronic Fatigue & Fibromyalgia

- Mindfulness
- Attachment Therapy
- Play Therapy
- Art Therapy
- Pre-Marriage Counselling

- Critical Debrief (Off-site if required)

- Mission Debrief

Disability Counselling

- Intellectually Challenged
- Physically Challenged

Mission Debriefing

Corporate Counselling

Counsellors are available to consult at work places and schools if required.

EAP (Employee Assistance Programs) are off-site consultations for employees who experience personal or work issues

Critical Debrief (Corporate and Individual) can attend the workplace when necessary.

Educational Courses

Additional Services include:

- Mandarin and Cantonese speaking
- Professional Supervision
- Financial Counselling
- Employee Assistance Programs

Group Facilitation

NewHope Counselling offers educational programs for groups that are of interest and support to the community.

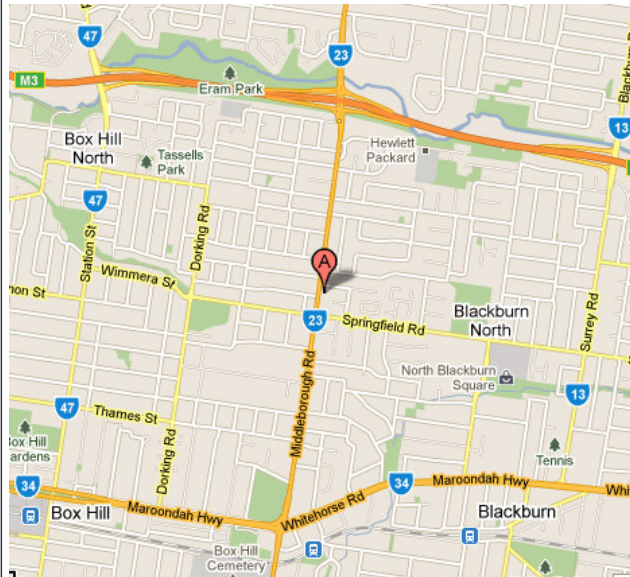
The groups are advertised on our website: www.newhope.net.au

They are designed to educate and support people in the community.

Some issues explored range from:

- Life Skills
- Anger Management
- Basic & Advanced Counselling Skills
- Managing Anxiety & Panic Disorders
- Art Therapy
- Eating Disorders

Evening and day appointments are available. All counselling is by appointment and is strictly confidential. Referrals are not required. Moderate fees apply.



522 Middleborough Road
Blackburn North VIC 3130 Australia
Tel (03) 9897 3288 Fax (03) 9898 0385
counseling@newhope.net.au
www.newhope.net.au

NEWHOPE COUNSELLING



Offering affordable,
professional counselling
in a confidential environment

