

SOCIAL-EMOTIONAL COUNSELLING



Do you need to talk to someone about your feelings, emotions or confidence? Do you need support to recognise what you are feeling?

Orana provides counselling to help manage your feelings and emotions, as well as offering support in areas such as self-esteem, confidence, mindfulness and assertiveness.

Counselling is suited to people of all levels of literacy, and is confidential.

Who can participate?

Anyone with appropriate NDIS funding, or you can self-fund if required.

Who delivers this training?

Our team of Developmental Educators are experienced in talking through people's feeling and providing them with practical strategies.

When can this training start?

Our staff can arrange a time that suits you.

Want to take part?

Contact our Customer Care Team Leader, Merisa on 8375 2021 or intake@orana.asn.au