

COUNSELLING

Counselling that works side by side with you!

Our AMAZING Team at Able2 provides counselling support for children, young people, and adults.

Our experienced counsellors tailor a person's therapy to their unique communication, social and emotional needs.

Each counselling session is an hour on average with key focus on:

- Develop self-regulation skills.
- Gaining understanding of the difficulties you face in your life.
- Supporting you to make the changes needed to improve your personal or relationship challenges.
- Helping you work towards better psychological well-being.
- Help you to improve relationship and friendship issues.

Able2 provides counselling to NDIS participants and private counselling clients.



Contact us for more info & to register:

 02 4760 4642  www.able2.net.au

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MEET OUR COUNSELLORS



FIONA BURROWS



EMMA DONLEVY



KRISTY SOUTHERS



UTE EICKELKAMP
Sandplay Practitioner

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Registered NDIS Provider

