



FREE counselling services to help tackle life's challenges

Post-Covid, many of us are experiencing increased levels of stress. Quite common is stress related to rising living costs and financial pressures or difficulties managing social interactions and relationships in a post-pandemic world. Accessing subsidised psychologist sessions has become more challenging due to a reduced availability. This made affordable counselling further out of reach for many who are in urgent need of it.

Funded by the Sydney North Health Network (SNHN), Anglicare is offering a FREE counselling service which does not require a doctor's referral or a mental health care plan. Access to the service is easy, we have online, phone and some face to face options available.

Check out our upcoming weekly one hour group courses and webinars running from 1 to 4 weeks.

Who can attend: Anyone above the age of 18 who lives, works or studies in the Local Government Areas (LGAs) of Hornsby, Hunters Hill, Kuring-gai, Lane Cove, Mosman, North Sydney, Northern Beaches, Ryde and Willoughby

How: Online via Zoom (attending couldn't be easier!)

Book now: Complete our [registration form](#) and please include the session title/s you're interested in next to your own name and we'll get back in touch with the zoom link.

Online Groups

Building Resilience

All of us have experienced or will at some point experience tough times in our lives. This could be anything from sickness, relationship issues, unemployment, loss of a loved one, financial stress, loneliness – the list is endless. Unfortunately, we cannot always stop bad things to happen to us. However, developing resilience can help us getting through these difficult times.

Resilience is something anyone can learn and apply to their lives. It will make you stronger and better equipped when facing challenges. Join this group and learn how to develop more resilience which will help you to bounce back when things have knocked you down. Our experienced wellbeing coaches will guide you through understanding what resilience is and what it isn't and will introduce practical strategies on how you can grow resilience in your life.

When: Wednesdays – 8th Nov, 15th Nov, 29th Nov and 6th December

Time: 4.30pm – 5.30pm

Growing in confidence

Have you ever felt anxious around people? Have you ever been at a party and felt like you did not belong there and couldn't wait to leave? Have you chosen to be quiet because you don't know what to say when you are around people? Have you found yourself spending more and more time by yourself at home? And have you been sad and disappointed about all this? Then you are not alone! Whether you are aware of this or not – many people are facing a lack of confidence that makes it very difficult to build positive relationships and to participate in the community.

Join our "Growing Confidence" Group where our experienced wellbeing coaches will help you understand more about the struggles you are facing. Step by step you will learn how you can grow in confidence when interacting with others and you will have the opportunity to practice some of the learnings together with the other group participants in a safe and therapeutic environment.

When: Tuesdays – 7th Nov, 14th Nov, 28th Nov and 5th December

Time: 4.30pm – 5.30pm

Webinars

Domestic Violence – What is it? What supports are available?

1 in 5 people in Australia experience family and domestic violence. Unfortunately, many are suffering in silence, do not know where to turn and what supports are available.

Would you like to know more about family and domestic Violence? Are you experiencing this yourself or do you know someone who is?

You can join our webinar and an experienced practitioner will help the participants understand what family and domestic violence is, how it might manifest, how it affects individuals and families and what supports are available.

When: Wednesday 29th Nov

Time: 12.30pm – 1.30pm

Enjoying the festive season when the budget is tight

As we are entering the festive season, we are getting excited about buying presents, looking up recipes for special Christmas meals and planning for get togethers with family and friends. But what if thinking of these things are causing you to feel stressed and anxious? Financial stress, climbing interest rates and increasing prices can turn the joy about Christmas into panic.

For many individuals and families Christmas can be challenging because the budget is tight. And especially this year, many more families will face this challenge. But even though things might look different, Christmas can still be celebrated on a small budget.

Our experienced wellbeing coaches will introduce you to practical steps you can take to prepare well for Christmas, use your resources wisely and try some new things that can help you to spark the joy of this season.

When: Tues 5th Dec

Time: 4pm – 5pm

Celebrating Christmas without a loved one

Christmas is often celebrated as a season of joy. But not for everyone this will be true this year. Have you lost a loved one and this will be your first Christmas without them? Or have you celebrated Christmas without a loved one before and found this very challenging?

You are not alone on this journey and what you are facing will happen to most people during their lifetime. You are welcome to join our webinar and hear about ways to stay well and look after yourself this Christmas. Experienced wellbeing coaches will introduce ideas and strategies that can help you prepare yourself for a time that can be challenging and will help you plan for a Christmas that will be different but can still be meaningful and worthwhile celebrating.

When: Tuesday 12th Dec

Time: 10am – 11am