



YWCA Canberra Head Office:
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YWCA CANBERRA

CIRCLES OF SUPPORT

CHILD, YOUTH AND FAMILY
COUNSELLING SERVICE

SESSIONS AVAILABLE AT


Tuggeranong, Civic and locations across Canberra, or
the child/young person can be seen at school.

CONTACT US

YWCA Canberra
Circles of Support
Child, youth and family counselling service
Ph: (02) 6175 9900
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 [Facebook.com/YWCACanberra](https://www.facebook.com/YWCACanberra)

 [@YWCACanberra](https://twitter.com/YWCACanberra)

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YWCA
CANBERRA



ABOUT US

YWCA Canberra is a feminist, not-for-profit organisation that has been providing community services and representing women's issues in Canberra since 1929.

We believe that everyone has the right to contribute to and share equally in the benefits of the community's social, cultural and economic development. We apply a human rights-based approach to our work by realising women's rights and the rights of vulnerable people in the Canberra community.

Today we provide quality, innovative services for children, young people and their families in the ACT and surrounding regions.

OUR VALUES

The values which guide and inspire our work are:

- Courage
- Equality
- Respect
- Inclusion
- Reconciliation
- Responsibility

CIRCLES OF SUPPORT - CHILD, YOUTH AND FAMILY COUNSELLING SERVICE

Circles of Support is a counselling service providing therapeutic support, information and psycho education for children and young people aged five to 15 years, and their families. This service aims to strengthen family relationships and improve wellbeing.

CHILD AND YOUNG PERSON CENTRED

Circles of Support provides support to children and young people who are experiencing social/emotional/behavioural difficulties that are affecting their well-being and relationships with others around them.

FAMILY FOCUSED

Circles of Support recognises the importance of family and attachment relationships in shaping the lives of children and young people. We understand that what is happening for one family member may affect others. Circles of Support can provide therapeutic support to some or all family members, as appropriate, or can help families connect with other support services if counselling is not the most appropriate service.

STRENGTHS BASED AND TRAUMA INFORMED

Circles of Support helps families and individuals draw on their individual and collective strengths to work towards positive changes.

The program acknowledges that past experiences affect the present and staff are trained in and experienced with working with families or individuals that have experienced trauma.

THE PROGRAM CAN SUPPORT YOU WITH:

- Challenges around parenting (including step parenting/new partnerships)
- Family communication and conflict
- Trauma associated with family violence or abuse
- Social and emotional challenges
- Behavioural concerns at home or school
- Feelings of anxiety or depression

