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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
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-  [Facebook.com/YWCACanberra](https://www.facebook.com/YWCACanberra)
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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 individual therapeutic support and information for families with children and young people aged five to 15 years.

This service offers long-term support to parents, children and young people and aims to strengthen family relationships and improve wellbeing.

CHILD AND YOUNG PERSON CENTRED

Circles of Support provides support to families where parents, children and young people may be experiencing social and emotional difficulties that are affecting their well-being and relationships with others around them. In all our work, even when working with parents, we will be considering the impact on the young people in the family. Our counsellors focus on building long-term relationships and understanding our clients to support them through their challenges rather than offering short-term technique-based / strategy-based therapy.

FAMILY CONTEXT INFORMED

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 individual 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. When considering the family context, we may ask parents to undertake therapy with us before seeing children and would have an assessment session with a parent if a child or young person is to be seen.

STRENGTHS BASED AND TRAUMA FOCUSED

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

The service acknowledges that past experiences affect the present and staff are trained in and working with people within the context of their family who have experienced trauma.

THE SERVICE CAN SUPPORT YOU WITH:

- trauma, including those associated with family violence or abuse
- challenges around parenting (including step-parenting/ new partnerships)
- family communication challenges
- social and emotional challenges that are leading to challenges at home or at school
- feelings of anxiety or depression.

WHAT MAY NEED DIFFERENT HELP:

As a generalist counselling service, there may be specialised needs better met by other services.

This could include:

- group or family work with the whole family, including time-limited skills training
- couples counselling
- serious mental health conditions
- diagnosing learning difficulties or other neurological difficulties
- social, communication and behavioural learning for children diagnosed with or suspected of having autism spectrum disorder
- mediating family conflict and family situations where child safety is an ongoing concern
- managing ongoing family violence or abuse where safety continues to be at risk
- School academic challenges or difficulties

Where your needs would be better met by another service, we can suggest an alternative specialist service designed to meet those needs and may offer a short session to explore options.