

*Caboolture Neighbourhood Centre*

**Our Mission Statement:**

*“Supporting Individuals and Community”*

**Our Vision Statement:**

*“To build a sense of community by creating and inclusive and empowering environment”*



**CNC Counselling Service operates from the Caboolture Neighbourhood Centre  
9 George Street  
Caboolture QLD 4510**

**Caboolture Neighbourhood Centre**

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Funded by



Queensland  
Government

# CNC Counselling Service

2019

**A free professional Counselling Service**



Updated: 6/09/2018

Available by appointment ONLY  
To book an appointment  
Phone: (07) 5495 3818

## What is CNC Counselling Service?

CNC Counselling Service has been developed to meet the needs of community members in the Greater Caboolture area.

The aim is to build strength, resilience and provide opportunities and support to:

- Address relationship or family problems
- Explore difficulties with depression, anxiety, self-esteem or anger
- Provide support and/or referrals for families including financial support, parenting support and daily household living skills
- Look at grief and loss
- Expand children's, young people's and family's wider support networks
- Explore past childhood experiences
- Develop strong, healthy relationships within the family unit
- Address issues of family violence, child abuse, behavioural problems and relationship issues

## CNC Counselling Service can offer:

- Counselling
- Counselling requires your willingness to talk about feelings, thoughts and behaviours

*This is a professional, confidential service. We promote respect, and support for those working through immediate and long term issues.*



## Referrals should meet the following criteria:

- The individual/family have agreed to the referral and are willing to participate in the process of support
- An intake and Assessment procedure is required when referring to CNC Counselling Service. Please contact Caboolture Neighbourhood Centre for available appointments
- Counselling sessions are normally 1 hour each. Cancellations are to be made 24 hours before appointment or as soon as possible, this allows someone else to have that consultation time

This service is provided by qualified family support workers. All workers participate in individual and team supervision.