



Family Counselling & Support

Family Outreach Project for Youth and their Families

Conflicts & challenges within your family?

We can support you in bringing your family together.

- Strengthen family relationships
- Improve communication within the family
- Resolve conflicts
- Help with parenting difficulties
- Support family members

The family outreach project is aimed at providing support for families of young people aged **12-18** years, in the **St George** area through **outreach, case management, referral** and **family counselling support**.

This project is based on a partnership between **3Bridges Community Services** and **Barnardos Family Referral Service** and is supported by **Club Central Hurstville**.

For enquiries:

P: Traci/Steph 1300 327 434, Luke 1800 066 757

E: Traci.Sii@3bridges.org.au, Stephanie.Johnson@3bridges.org.au,
Ldoherty@barnardos.org.au

A: 18 Treacy St, Hurstville NSW 2220





Youth Counselling

For 12-18 year olds in the St George area

Safe & confidential 1:1 support provided for up to 3 months

Our experienced and qualified counsellors can support you.

In the counselling session you can:

- Share your concerns
- Express your thoughts & emotions
- Be heard without judgment
- Understand your feelings
- Learn new ways to manage your emotions and difficult situations

For enquiries:

P: Lena or Nic 1300 327 434

E: Lena.Saunig@3bridges.org.au

Nic.Tovey@3bridges.org.au

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*An early intervention program funded
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