

Take a positive step towards understanding and self-discovery



You are never too young or old to start the journey.

“The influence to change one-self can be described as a ripple in a pond. All that’s needed is one drop or the first step, the first acknowledgement that something wasn’t quite right in my life. I am now able to make good choices and build on my relationships that were broken. I no longer suffer guilt and shame from my abortions.”

Kim 54

What others have said...

“With lots of hard work, tears, support, pushing through barriers and lots of encouragement I have found another way to move through life and have freedom from guilt that has bound me for so many, many years.”

Judy 49

“I had carried anger for many years. I feared for myself and everyone around me. My children have noticed the change in me and in turn, I have watched both of them calm down immensely. I am so proud of who I have become.”

Dave 63

“I have been able to move past years of depression and self-hate by learning about myself and my behaviors and triggers. I have learnt to accept and love myself, which in turn has enriched my relationships with family and friends, and I now have lots of wonderful things to live for.”

Mandy 30



WHY Counselling Services

Call Lyn for a confidential appointment

T: 0406 628 356

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WHY

Counselling Services

0406 628 356



We Help You
on a journey to
understanding and
self-discovery



Areas of specialty

- ✓ Individual Counselling
- ✓ Group Therapy
- ✓ Grief and Loss
- ✓ Abortion Grief
- ✓ Depression and Stress
- ✓ Childhood neglect and abuse
- ✓ A Variety of Workshops
- ✓ Professional Development

(Issues resulting from pregnancy loss, neglect and abuse)

Specialised Pregnancy Counselling Services

Non-judgmental support is provided for women, men and families affected by a difficult or unplanned pregnancy, abortion or other pregnancy losses.

Specialised Group Therapy

Hope Alive is a unique program specifically designed to heal men and women impacted by childhood mistreatment and/or pregnancy losses including abortion. It provides in-depth understanding, teaches participants new skills for growth and new behaviours.

Do you ever ask “why do I feel...”

- stressed?
- depressed and/or discouraged?
- angry or out of control?
- guilty and/or a sense of shame?
- life has no meaning or is too hard?
- lonely, even in a group?
- like crying for no apparent reason?
- overwhelmed by flashbacks and nightmares?
- it is difficult to say “no”?



We Help You
understand and
discover WHY



Are you ready for a better tomorrow with...



“I’m living life
for the first
time”

- ✓ Increased enjoyment of life
- ✓ Increased self respect
- ✓ Improved relationships
- ✓ Decreased anger
- ✓ Decreased fear
- ✓ Decreased feeling of being alone
- ✓ Decreased hopelessness
- ✓ Decreased frequency of obsessive thinking