

## REFERRAL PROCESS

To refer to the service, please phone or present to the service during office hours.

Ph: 4946 2999

or

Email: [reception@whitsundaycs.com.au](mailto:reception@whitsundaycs.com.au)

Other agencies and services can request a referral form on behalf of an individual to assist in accessing our services.

Whitsunday Counselling and Support recognise diversity and aim to provide an inclusive service.

There is appropriate access for people with disabilities and we are National Relay Service friendly

## OUR VISION

A respectful, safe and caring community.

## MISSION STATEMENT

Empowering individuals, families and the community through education, counselling and support.

## FIND US AT

**Cannonvale**

**Monday — Friday**

**9.00 am — 5.00pm**

**Shop 1 Cannonvale Square  
157-159 Shute Harbour Road,  
Cannonvale**

**Bowen**

**Monday — Friday**

**9.00 am — 5.00pm**

**20 Williams Street  
Bowen**

**Postal Address**

**PO Box 65, Cannonvale, QLD 4802**

**Outreach Areas**

**Proserpine**

**Collinsville**

**Ph: 4946 2999**

**Email: [reception@whitsundaycs.com.au](mailto:reception@whitsundaycs.com.au)**

**Website: [whitsundaycs.com.au/](http://whitsundaycs.com.au/)**

**NDIS Registration number**

**405 002 9614**



## NDIS Counselling

Whitsunday Counselling and Support is a Registered NDIS Provider offering services under the Therapeutic Supports category in your NDIS plan.



Whitsunday Counselling and Support Service is a not for profit community based organisation offering confidential services, in a safe and respectful environment.

**Registered NDIS Provider**

**ihca**  
supporting excellence  
CERTIFICATION

Human Services  
Quality Standards  
QUALITY CERTIFIED  
ORGANISATION

## INDIVIDUAL COUNSELLING

### What is individual counselling?

Counselling comes in multiple ways depending on the nature of the problem it is concerned with. Individual counselling is counselling focused on the individual's immediate or near future concerns.

With the support of a counsellor the participant will have a safe and supportive environment in which to discuss issues and concerns.



Whitsunday Counselling and Support take a person centered approach that enables and assists participants to work towards their personal goals and gain greater insight and independence in their lives.

## GROUP COUNSELLING

### What is group counselling?

Group counselling is with multiple individuals facing a similar concern. The strength in group counselling is if there are 3 people all facing the same issue or similar issues, they can work together.



Group counselling assists participants to work toward their personal goals and gain greater insight and independence in their lives.

Group counselling facilitates self-knowledge, emotional acceptance, growth and the optimal development of personal resources, through group sessions of up to three participants.

## GROUP THERAPY

### What is group therapy?

Group therapy typically involves a small group of people and a therapist. During the first therapy session, members of the group may start by introducing themselves and sharing.

After this the therapist may encourage members to discuss their experiences and progress.



This therapy is designed to empower participants and improve interactions between participants and their social networks.

Group therapy provides interventions by more than one professional in a group session, and works toward the participants agreed goals in groups of up to three.