

## THRIVING CHILDREN & FAMILIES

Our team of experienced and qualified Psychologists provide counselling and therapy to children, adolescents and parents.

We are passionate about working with our clients to support their growth and help them thrive in life.



### Child and adolescent therapy

We work with children, adolescents and parents to develop practical skills to address emotional, behavioural and social challenges including

- Worries/ Anxiety/ Phobias
- Challenging behaviour
- Grief and loss
- Parental separation/ divorce
- Low mood/ depression
- Attention Deficit and/or Hyperactivity
- Autism Spectrum Disorders
- Learning difficulties
- Peer relationships
- Self- esteem

### Support for Parents

Parenting is a challenging job, and we work respectfully with parents to build their parenting toolbox, increase confidence and develop strong family connections. We work with adults to address parenting concerns and/ or to manage their own issues including, Ante and Postnatal Depression, adjustment to becoming a parent, parent- child bonding and relationships.

### Appointments

To book an appointment or find out more about our services

T: 0431 773 486

E: [info@thrivingfamilies.com.au](mailto:info@thrivingfamilies.com.au)

W: [www.thrivingfamilies.com.au](http://www.thrivingfamilies.com.au)