

ABOUT OUR COUNSELLORS

We provide a professional service with fully qualified counsellors - all our Counsellors belong to professional Counselling Associations.

Our range of therapies include:

- Counselling - individual, couples, family
- Clinical Hypnotherapy
- Psychotherapy
- Cognitive Behavioural Therapy
- Critical Incident Assessment
- Supervision
- Solution Focus Therapy

Our counsellors all have special areas of expertise. e.g. Relationship Counselling, Depression and Anxiety Assessment, Grief and Loss, Stress/Anger Management, Life Coaching, Mediation.

Each client is assessed individually for the best outcome.

All counselling is confidential. An interpreter can be arranged if necessary.

WORKSHOPS AND COMMUNITY EDUCATION

We run a range of workshops on specific issues to enhance our one on one and group work. e.g. Emotional Management (Stress/Anger Management), Vicarious Trauma, Goal Setting and Relationships, including our award winning "R" Program.

Please visit our website for more information:
<http://www.enoughisEnough.org.au>



ENOUGH IS ENOUGH

Anti Violence Movement Inc.

HEAD OFFICE:

SHOP 2/10-12 BOYLE STREET
SUTHERLAND 2232
TEL: 02 9542 4029
FAX: 02 9542 4036

TOOWOOMBA:

TEL: 0413 305 432

HELPING PEOPLE - HELP THEMSELVES

www.enoughisEnough.org.au

SUPPORTED BY THE NSW
HEALTH DEPARTMENT

NSW HEALTH



New South Wales Government
Department of Premier and Cabinet

COUNSELLING & SUPPORT SERVICES

POSITIVE DIRECTIONS IN LIFE

Create Positive Life Changes

"Talking to friends helpful but they tend to agree with you. Coming here and talking to you gives me a different perspective that I hadn't thought of." -
A Counselling Client

"You have helped me more in 2 sessions than 6 months of rehab and more 3 years of therapy." -
A Counselling Client

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WELCOME TO THE ENOUGH IS ENOUGH COUNSELLING AND SUPPORT SERVICE

INDIVIDUAL - COUPLE - GROUP COUNSELLING

At Enough is Enough Counselling and Support Services, we provide you with a safe and caring environment to help you find the clarity to deal with confusing and challenging times.

We will work through any negative life patterns that are holding you back and empower you with the confidence and ability to make true self-choices and lead a happy and fulfilling life.

We specialize in helping you in a wide range of areas:

Addiction	Domestic Violence
Anger/Stress	Eating Disorders
Anxiety	Family Violence Prevention
Bullying/Harassment	Grief / Loss
Child/Family Therapy	Life Coaching
Conflict Resolution	Parenting Issues
Crisis/Trauma	Relationship Issues
Depression	Resilience Building

SUPPORT GROUPS

At Enough is Enough we recognize that those who share a common experience can best understand and talk to you about problems and feelings you've kept hidden.

For this reason support groups aim to bring people together in a caring environment to give and receive mutual support.

Sharing your story and getting support from others may help you keep your spirits up when you are down and give you hope that the future will be better.

Each support group meeting is facilitated by a professional Counsellor, which will help group members begin to find a way to talk about the issues that are important to them.

Please contact our office for details of your closest support group.

ADDITIONAL SERVICES WE OFFER

Court Support

Clients undergoing counselling often have current cases in the legal system (domestic, family violence, driving, road trauma, etc.) and require additional support while they attend court. We can provide professional support during this process, using our own staff or by referral to another court support provider - conditions apply. Court reports available.

Conferencing

We support the Conferencing process, where, in a structured, assisted format in a safe environment victims get a chance to confront those who have caused them harm. This is a powerful tool for repairing harm and paving the way for emotional healing and acceptance.

MAKING AN APPOINTMENT

Please call **02 9542 4029** to schedule an appointment.

Counselling is available for everyone, regardless of cultural or religious background.

**Working With You
to Create Positive
Life Changes**

FINDING Effective SUPPORT

Since 1995, The Enough is Enough Counselling and Support Unit has provided effective counselling and support services, drawing from proven psychology and our own unique experience working with people in crisis to bring about healing, hope and growth in our community.

We pride ourselves on the comprehensive and detailed attention to each client to provide you with the individual support and help. Our counselling service is about understanding and empowerment.

FEES

To ensure that our service is accessible to all members of the community, we keep the costs of counselling to a **minimum**.

OUR PHILOSOPHY

- We aim to provide relief from suffering, distress, helplessness and trauma through counselling and support, regardless of age, gender, race or religion.
- We believe that people who have experienced the impact of violence, road trauma, anti social behaviour or crime on their lives can be empowered to move forward and regain control of their lives in a positive way.
- Our values are honesty, integrity, support and community.