

Empowering Women to improve the quality of their lives and fulfil their potential



Sydney Women's Counselling
Centre

What the Clients Say

Empowering Women to improve the quality of their lives and fulfil their potential

A quiet achiever, SWCC has been delivering trauma informed primary health care responding to community health and wellbeing issues and working collaboratively with service providers across the spectrum of NGO and government health and welfare services over the last 24 years.

At Sydney Women's Counselling Centre we don't look at individuals as the problem.

Rather than asking women "What's the problem with you?"

**We ask women "What happened to you?"
"What did you have to do to survive?"**

Our Clients:

Sydney Women's Counselling Centre works with marginalised women, the vast majority of whom are on low incomes, from non-English speaking backgrounds, with high rates of chronic health conditions and limited access to mental health services.

Most of the Centre's clients present with complex co-existing issues including

- domestic and family violence (past, current)
- mental health issues including
 - depression
 - anxiety
 - suicide
 - disordered eating
 - self-harm
 - low self esteem
- harmful alcohol, tobacco and other drug use
- gambling and other addictions
- suicide
- adult and child sexual assault
- trauma
- social exclusion
- stress
- family and relationships
- disabilities
- homelessness and other housing concerns
- family law issues
- migration and settlement concerns
- job loss
- chronic pain



Some Client Comments over the years



"My counsellor gives me the comfort level I need to be able to trust and open up with regards to the issues I need to be resolved".



"I had a ex-partner that was extremely violent, possessive and jealous. I had terrible self-esteem.

I come from a family that bottles everything up, so I didn't know how to open up. I feel really confident now, because I get to be myself, I can open up and other doors have opened up for me".

" I am able to remain alive mainly because I come here"

Sydney Women's Counselling Centre

"The desperation, the search, the need to understand and gain some control was immense. I found a source that would listen to my pain and supply me with some understanding. Gratitude is much too small a word for how I feel I have been carried and supported over the last year. Pain is unquantifiable. My counsellor continues to hold me with immense generosity and lack of judgement".

" I have been seeing my counsellor for about a year and a half. I suffer from depression, anxiety and panic attacks. I went from being a working mum to a homeless drug addict. When I first came here it was it was out of desperation, I was so low that if I didn't seek help I would end up killing myself. I still feel the panic come over me and I still cry a little when I leave here, but trying to fix your brain is much more difficult than putting a plaster cast on a broken arm. Initially I couldn't speak or think about my trauma. I felt shame, fear and grief....but this is how counselling has worked for me.....

It was in a iron box in the back corner of my mind, in the dark, some cobwebs, rust and strange dents were on the box. Around the box were several chains and they were padlocked shut. The key was lost.....

I was looking around my mind the other day, venturing into the dark corners. I saw the box. The cobwebs had been cleaned off. The rusty iron had become frosted glass. There were no chains or padlocks. If I want to, on my strong days I can take the lid off and have a quick look inside. It still makes me grieve but I can cope with that. I'm getting my life back. Where would I be without this place.. Thank you ...heartfelt"



"My counsellor helps me with my needs, which are many, plus I have been through mental domestic violence. I am now learning how to put my mental health in order. It's a joy to have the right kind of help"

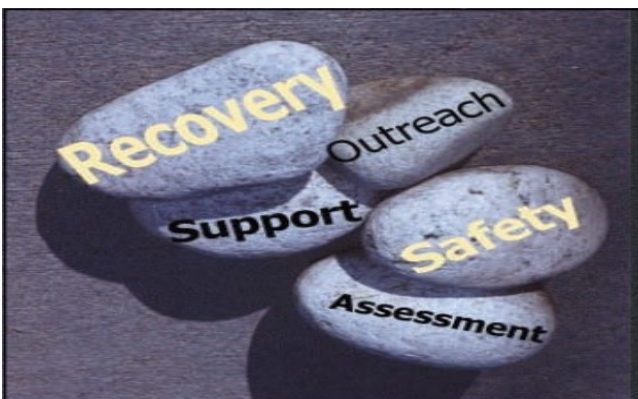
"This particular style of counselling has been amazing for me, as compared to counselling elsewhere in the past"



"During the last year and a half, I found that you guys were patient, caring and understanding. I had the support to move forward in my life from a very sad, unhappy, lonely and confusing time, and without coming here I am not sure where I would be, let alone if I would be alive.

My life has since changed for the better and I am forever grateful for this place. You have assisted me in sorting my head out, helping me understand a bit about myself and gave me the strength and the courage to do what I have done".

"Best feature and critically important thing is the long term commitment the service provides".



I have complex issues and trauma, short term counselling would not have been productive in my recovery. That essentially was why previous counselling only scratched the surface. I understand myself and how events shaped me much better, seeing how these impacted my decision making and behaviours. It's not easy to unlearn thinking but very rewarding with each baby step I make to a healthier mindset".

"The first step was hard to make because I really didn't know what kind of help I would be getting here. I realized that I was physically and mentally and sexually abused and how deeply I was affected. I knew nothing about the outside world.

I'm a much stronger person now, no one can control my life. I feel free, I can breathe now. I'm doing things that I never done before. I'm back to school, I have taken up a computer course. I feel confident. I'm full of talents that I never knew I had. This Centre has helped me in so many ways. I'm free now"

"When the dust settles and you finally look in the mirror at the woman who survived through it all, you'll realize even as fragile as you are. You are still unbreakable".



"Counselling has helped me recognise and own my feelings instead of crumbling into self-doubt".



"I am extremely grateful for the opportunity to access sessions with my wonderful counsellor. She has provided a completely holistic support for me, enabling me to think through and better understand some of the dynamics and root causes at play in my life. She has offered me and shared practical resources, articles and strategies which allow me to get a deeper understanding of my issues, complex as they are".

I have been seeing my counsellor for 7 months. This Centre has given me hope, compassion, love, understanding, insight & an open door. The careful consideration of counsellors is paramount for me. Not everybody can be a good counsellor. It takes skills specific to the profession. Here at the Campsie Women's Centre I feel supported beyond what I can say. It would be a breakdown of my support system if this Centre did not exist. I am comforted by the regular weekly visits as I have few people who hold the ability to hold all the trauma that has occurred to me in this life of mine. With counselling I am able to be one with myself to continue on in my life knowing that it was not my fault nothing was my fault. Here I am respected & in a non-judgmental manner I am addressed. I have learnt life skills that are with me in times of extreme trauma. The receptionist is always so very lovely & her loving smile & caring nature have always made coming here very welcoming".



"I would like to thank you for giving me the comfort level I need to be able to trust and open up with regards to the issues I need to be resolved personally that will also help me in closure as well as healing in my journey. Hopefully it will also help me plan the future by setting up my goals too. I am really grateful and appreciate the service SWCC has given me".

"I've been coming here for 4 weeks and had major positive life changes due to the support. I will succeed to overcome the damage done to me, as long as this excellent service remains available"



"The support and help/advice I receive here helps me to focus each week and benefits the children by having a stronger mum . Thank you".

"I am incredibly grateful for this service. Unable to work at the moment I found myself in a position where I had used up my 10 sessions through the MHCP provided by my GP. The problems in my life are ongoing and have been further negatively impacted by my workplace injury. Seeing a counsellor here has enabled me to go deeply into some care issues which have taken me a long time to come to terms with. I feel hopeful for the first time in a very long time that the exploration of some of my patterns and coping strategies will help me to move forward in my life and to utilize some of the tools I have been given"

"I first came here over a year ago. Even though I was apprehensive, I was worried I knew I had to come. I was desperately unhappy but deep down I didn't want to end it all. When I first met my counsellor I thought we were worlds apart and that she would have no idea where I was coming from, but we built up a great relationship. Sometimes it was confronting and difficult. Often I didn't want to hear certain things. Counselling involved a lot of hard work on my part. Sometimes I would go ahead in leaps and bounds other times I seemed to go backwards and sometimes I felt I was stagnating. After reading this you might think why bother? I will tell you why

I am off my anti-depressant medication

I no longer put all my energy into thinking of ways to kill myself. My energy is now put into my life and making it what I want it to be

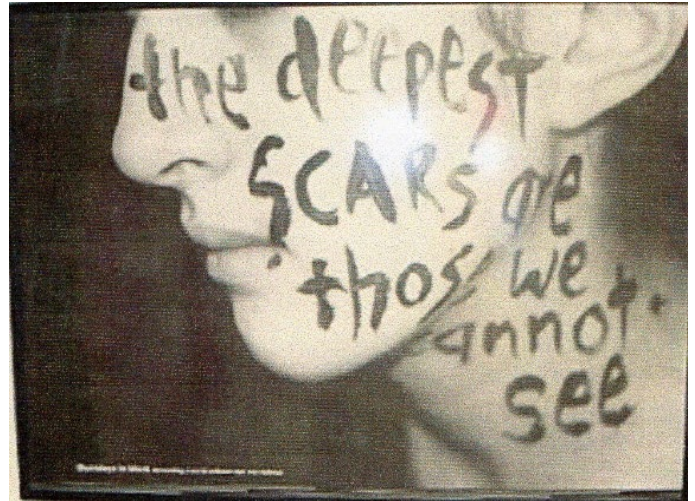
I no longer have to listen to those voices that tell me I'm not a good person. For the most part they are gone and if I hear them creeping up again I can refute them

I no longer feel I have to do for others and put up with certain things. I can now do for myself

I now know it's okay and healthy to express my anger and what healthy unhealthy relationships are

I now know I am a worthwhile person with a lot of great qualities

Thankyou to everyone at the Centre for making it possible for me to make this journey in a centre that promotes kindness, compassion and dignity for all women"



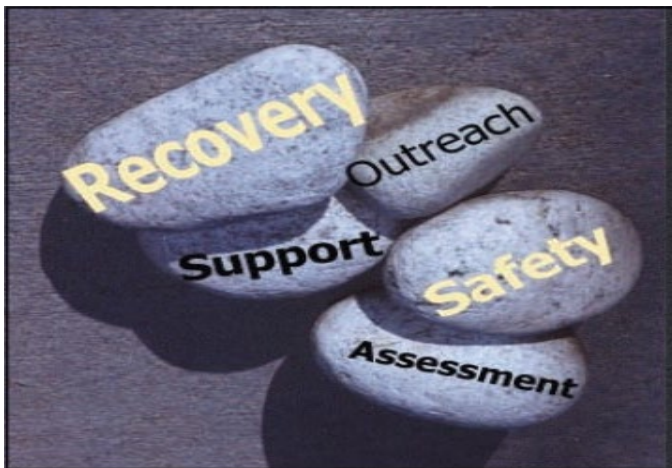
"Staff, have always been courteous, understanding and non-judgemental. I feel like I go to counselling and get heard. I voice my thoughts/problems that I am confronted with and get help and support that helps me to know what to do !! I am so thankful for all the help from everyone at the Centre".

"Never had a safe space before, I feel safe in this building".



"I have tried the 8 visits under mental health care plan, but unless I have been in a crisis, have found them of little benefit. It takes a while for me to really open up".

"To have a place like this is wonderful...where women can find guidance assistance and protection. Life is complicated... too many things happen at the same time. It's easy to feel overwhelmed. Here I have found a place to calm down and find new strategies to face my daily challenges that were making me feel hopeless and powerless. I have reclaimed my power back now! I have centred myself! I am happier and more who I really am"



"I first came here after one of my friends suicided. I had already tried 2 other counsellors without success. I instantly felt comfortable here, and I can honestly say coming to counselling here has changed my life. I now realize that at the lowest times I am still moving forward through grief. The values of the staff here are strong. Encouraging women in our community to be bold in our life choices. Thank you for teaching me so much about myself and for your wonderful support. I don't know where I would be without it. Thank you for empowering me....I promise to try to empower those around me with the skills you have taught me."

Very supportive and understanding Centre. Everyone knows how to deal with the people who are coming here for support. This is a rainbow after the storm. Keep going! Great service!!!

"This service is crucial to many people's wellbeing and recovery".

"My counsellor is really tuned in to what I needed. She identified what was really necessary and honed into those things making every moment/session count".

"I am a woman who has had mental illness for quite a few years. I have used not only this service but many other services. While I have had to learn to manage my illness and addictions I would have found it very hard to be in a mixed rehabilitation/counselling as the vulnerability I had and the fears I had to overcome were not ones I could easily face or express around men. It is vital that women who are suffering from addictions, domestic and emotional violence have a place of refuge and respite that is safe and has some serenity".



"Sydney Women's counselling centre has been a wonderful safe haven. Each and every worker here is a dedicated caring human being. I fully feel that with every visit I am learning to cope with life's difficulties. Always feel inspired after sessions ...and then some"



"I'm really grateful my counsellor understands my culture and speaks my language which makes the communication so much easier and the counselling more effective"

"Thank you for helping me be a better healthier me! You save lives! If I hadn't come here I don't know where I'd be now. I'm always grateful."

"I am very happy this service is here to provide me counselling. I travel 1 hour to get here but it is so worth it. I have got great healing. An excellent service"

"Thank you so much I have received life- saving and life changing support from the women's counselling centre. It's been inspiring to be supported by such a dedicated, committed and caring professional. I feel safe in this environment and that has helped me in allowing myself to be vulnerable and open to healing. As well as this, the kindness and care I received from the centre when I was going through my cancer treatment was a life-line, a touchstone for me to find strength and sanity . The receptionist has been a grounding presence and the most loveliest person to be greeted by. Thank you Sydney Women's Counselling Centre".

The staff at SWCC are amazing!! This service has been my backbone. I look forward to attending every counselling session I have here. I am able to freely talk about everything and I walk out feeling so much better about myself. I feel like I am able to tackle the world with the confidence and strength that is given to me. Thank you so much"

"I could not have survived without the services I have been utilizing here. I was not coping at all and now I feel more in control and less suicidal"

"This is only my third session but I feel the counselling is helping me to address the issues that led me to becoming addicted in the first place".

"The service has been very helpful for women. It helps me rebuild my confidence in life".

"There is a great need in the community for a service such as this. It took me 20 years to find this one"





"In counselling I have become more familiar with DBT. I have been able to use it in many area of my life. Within and out of counselling have found it very useful".

"Thank you so much for the service. I really appreciate it. Without this service I don't know what I would have done"

"I think this is an essential service, am so grateful to have found it. There should be many more throughout Australia"

"Counselling has improved my coping skills to do with trauma. My trauma does not impact my life as severely"



"I'm in rehab at the moment and this service is crucial to my recovery".



"Without this service I would have resorted to self-harm....I am grateful".

Sydney Women's Counselling Centre is the biggest blessing to me. The tools and strategies, the care that has been shown to me are so uplifting. To feel safe in a place where I can talk through my deepest pain and trauma, knowing there is light at the end of the tunnel is amazing, to know every week I become more empowered, to know I can have my voice. I am so grateful that my personal growth is happening so I can live the fulfilling healthy life I wish to lead and I can be the person I know I can be. Thank you sooooo much!! Counselling has helped me greatly with a very difficult time in my life. This service is very needed in the community."

"Thank you to the staff and all involved. It was very much a life- saving experience. Couldn't fault this centre and services"



"A safe haven, with professional advice, support and caring".

"Thank you for helping me be a better healthier me! You save lives! If I hadn't come here I don't know where I'd be now. I'm always grateful."

"I've been here for 4 months. My soul was at the edge of a cliff before I came here. Without my counsellor's help probably my two young kids would have lost their mum forever. Even a thousand words could not express what I feel...how lucky I feel when I get the support from my counsellor and this Centre"

"I felt alone, misunderstood and had nowhere to turn. I have children so this affected them too. Helping people at this level supports society. This service is so important because the counsellors are so experienced in understanding women's experiences and all sorts of traumatic issues. The long term support ensures healing as opposed to the band aid effect "

"I'm 70 years old. Domestic Violence help is wonderful".

"This service has saved my life"

"I like that my session is the same time every week and it's so good I've been able to see the same counsellor. It makes a big difference".



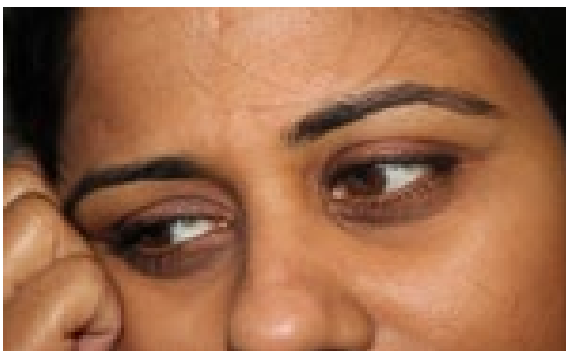
"This place is wonderful, full of support and a safe place to come to. When you have suffered depression all your life, been in abusive relationships.... this place is a haven"



"My health and quality of life has improved. I'm participating in life".

"The time was good to get to know my counsellor and develop a trust bond to help me get the most out of my sessions".

"I've been coming here for 6 months. I've had my ups and downs but coming here has been very good for me. I've been able to work through my issues slowly taking each day as it comes".



"Excellent, outstanding support and guidance from experienced and skilled counsellors"

"Counselling has helped me understand the reasons for my drug abuse and to be able to monitor and minimise my use"

"Sydney Women's Counselling Centre is the best environment for self- help, self- improvement, for every individual"

"I do not know where I would be without the help and time I've spent here, but I do know I would have been a lot worse off. Knowing I'm not alone with my struggles has saved me, and I am grateful for every minute spent at Sydney Women's Counselling Centre"

"It's very special to be able to offer a service that is affordable and accessible for a 2 year program. This longer term support has really allowed the opportunity to not only learn new skills but also to cement the learning"

"I've had a lot of negative past experiences with men and it's really important for me to have a safe women's only space to feel comfortable and safe to come to work on my past abuse and with help be stronger and contribute more to my community"

"I would like to thank all the staff I have encountered in my time at the centre. The receptionist is a particular favourite, who always has a smile and a caring disposition that is very genuine. I will miss coming here but it's time to move on. Sydney Women's counselling Centre is a great resource for women with problems. I have found it saved my sanity and life quite a few times. I feel so good about who and what I am. There is no pill on the market that is legal and doesn't have major addiction issues that could make me feel this happy. I'm empowered, in control of my decisions, have great self-awareness and love life again Thank you"



It is with great admiration I write this for the wonderful help, understanding and non-judgemental attitudes I have received. My experience with the centre has been a godsend. The empathy and care I am given has helped me come through my journey and rollercoaster.

It is very daunting to firstly ask for help and to see the problems that I have. This is my second year and it has been a great relief financially not to have that extra burden when life is hard enough.

There will always be bad days but having the guidance and support from my counsellor gives me hope and the coping skills which will assist me moving forward

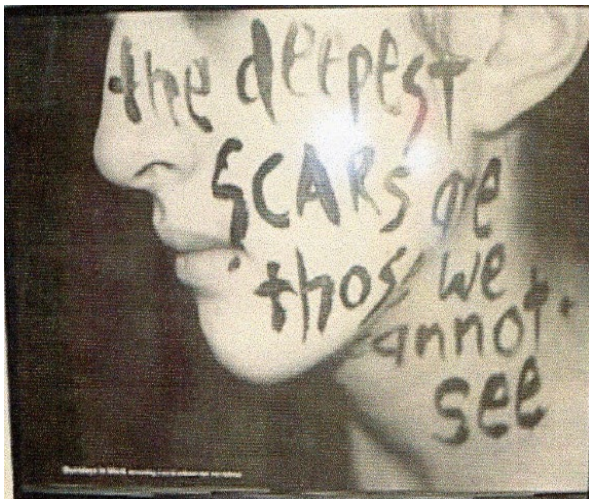
It has been an invaluable, interesting and knowledgeable time to have been gifted to me. Thanks for your help.....I have regained my sanity! "



“Wanting to thank the wonderful people here, the healing and being heard has helped mentally. Thank you for so much more!”

“Places like this are very valuable, they provide women with the skills for life. Therefore better citizens, more productivity, better families, better human beings. It’s a win win for all”.

“I was at rock bottom. I was at such a low I don’t know what would have happened to me. This Centre is necessary to aid women’s wellbeing, to restore inspiration, confidence and motivation to improve our lives”



It’s a very sad day and a happy day - finalizing coming here- there has to be an ending. What can I say? I wouldn’t be alive today if it wasn’t for the professional and caring support I received here. Got to the bottom of the problems, have grown and let go of the patterns that were destroying my soul. Have learnt to manage my depression and regathered myself. My children, my family, my friends and I thank you so much.”.



My time here has come to an end but the experience will stay with me for my lifetime. It has been such a great place of personal growth and discovery in a safe supportive place”

My capacity to cope with my life and give back to society has been greatly enhanced by the counselling I have received here.”



“I’ve been coming to this centre for approximately 6 months. I cannot express what this Centre has done for me. I would be lost without this service “

Having ongoing support is crucial to your wellbeing. Having a confidential and private space for oneself is very important,knowing that someone is there for youVery beneficial”.

“This Centre has provided me and my family with the best support I have ever got in the last 20 years. Very professional, highly trained staff. Outstanding counselling services.”.

“This Counselling Centre has been a wonderful support which without would have had me in daily chaos. Life has been changing for me...a direct result of weekly counselling”.

The counsellor I have been seeing is the best counsellor I've seen in over 20 years. She is highly skilled and sensitive to my needs. The receptionist is friendly and took my initial call and then the follow up was quick and made me feel valued. I believe the service this centre provides the community is superb. It came highly recommended to me from a doctor and I can see why”.



Prior to attending the centre for counselling my life was in a state of despair. Receiving the counselling I currently am, I believe, has changed my life and circumstances around. I hold a lot of respect and gratitude for my counsellor. I have seen other counsellors in my life yet my current sessions have outweighed them all. Thank you to the professional staff who have also provided a friendly and safe environment”.



Here I am about a year down the track and feeling like a person again after dealing with depression, anxiety and grieving with this wonderful support”.



I had a period of time when I was not working and could not afford counselling. This service has helped get back on my feet and deal with the issues I had in my life”.

“I have gained invaluable assistance from my counsellor. I do not know where I would be without the time and the help I’ve had here, but I do know I would be a lot worse off. Knowing I’m not alone with my struggles has saved me and I am grateful for every minute spent at Sydney Women’s Counselling Centre”.

This Centre is incredibly useful and needed. It has saved me from many possible breakdowns and created a sense of support not given elsewhere. It is a saviour to many”.

I am very grateful to this service with such skilled workers, who make an enormous difference in the everyday survival of people who have had trauma in their lives”.



The Centre and the work they do is priceless. If I did not have this support I don’t know where I would be....even though my problems are not solved, I have a lot of help dealing and coping with them. Somehow, I manage to keep my head above water...If it wasn’t for the help and support I have received, I think I would be dead. I have valid serious problems that without support would drive any normal person to drink or drugs or suicide”.



“I really believe that the assistance I have been getting here has helping me to establish myself in my new life coming out of DV and being a healthy and productive member of my family and society”.

I wish I had more money to contribute for donations. If ever I do, the Women's centre does such good work they will be the first on my list. I have appreciated and valued the level of care I get here".

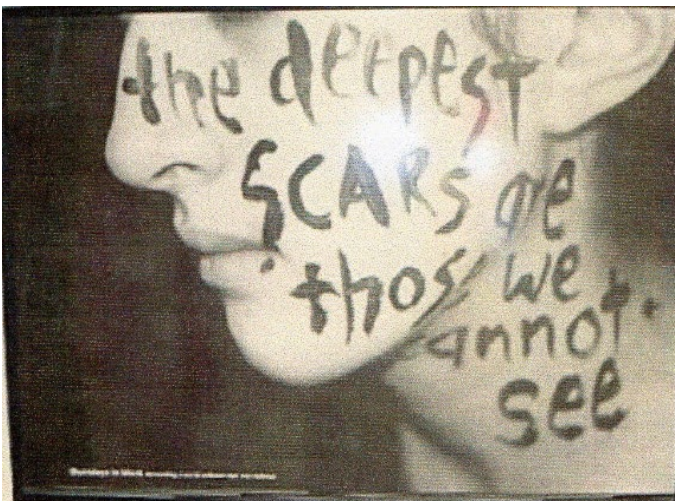
One year in and my life has changed. I couldn't put a price on what this place has done for me but I would give back anything I had. I wouldn't be where I am today without this service because its free".



"I'm very thankful for the counselling I receive here. This has helped me get thru my recovery from drugs. Also it has helped me work thru some of my issues. We need more of these places to help women like me. My counsellor has helped me realize where my heart really is after so many years of being clouded with abuse, self-abuse. My children will be forever grateful to her for the work she has done with me. They have their mum back".

"I am being given the help I need to be independent and emotionally secure as I take on new challenges. This service has been absolutely invaluable to me. My capacity to cope with my life and to give back to society -in short-to live a fulfilling life-has been significantly enhanced by the counselling I have received here".

"The service and the counsellors make the centre a haven for women feeling lost and overwhelmed in times of hardship and abuse".



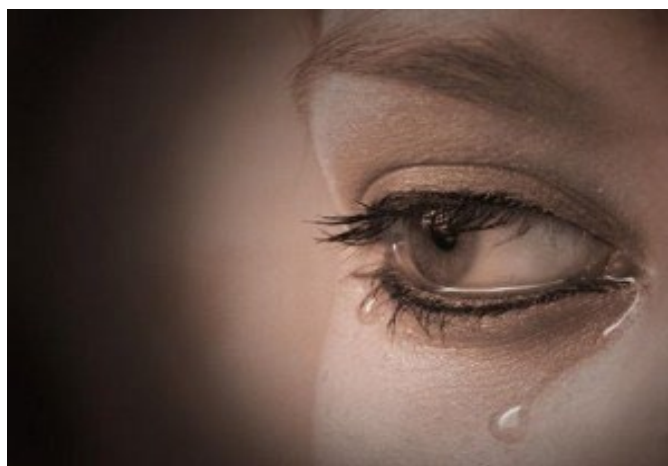
"It is very special to be able to offer a service so affordable/accessible for a 2 year program. This longer-term support has really allowed for the opportunity to not only learn new skills but to cement the learning by practicing them".

“Counselling has given me back the strength I thought I would never have again. I’m starting to learn that it’s my life now and I’m getting my self-esteem back and my dignity which I have not had for many years”.

“I would like to say that my counsellor has been amazing with treating me and getting me to open up, as I have not been able to connect with any counsellors in the past. I will go as far as saying she most probably saved my life. It has taken me several years to get myself into a routine with counselling and I have finally found my feet. I am currently on the verge of a big breakthrough and I feel I am on the road to recovery which both scares and excites me”.

Under the imminent threat of a funding cut to SWCC she further said

“Moving to another counsellor right now will be detrimental to my mental health and will set me hundreds of steps back of my recovery. I am very concerned that it will be very difficult for me to connect with another counsellor as I have tried many in the past. Following my counsellor into private practice is also not an option for me as I am unable to fund it seeing I am permanently injured and unlikely to recover and have been declared unfit for any work. I ask you from the bottom of my heart to keep her on-board as I desperately need her as do many other patients I am sure. I appreciate you taking the time to read this and I truly hope that my concerns are heard and taken into consideration”.



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“I am extremely grateful to be able to access this service. It has provided me with a lifeline and has become an important and vital support for me during a very difficult phase in my life. I don’t think I would be here if it wasn’t for my regular counselling”.

"I have been taking my elderly sibling for counselling for depression. The counsellor has been encouraging, understanding and has provided advice and support. Your service has been very valuable and useful in support my family in distress".



"Changed, my life 100% in every area of my life. Before I felt trapped as if I were in prison, now I see I have choices and feel stronger in myself to make them".

"This is an excellent support for women in crisis and ongoing! The counselling I am receiving has been extremely helpful and very professional. I have recommended it to other women in need as a safe and very comforting experience".

"I have been coming here for a year or so. I feel that working with this centre has made me a stronger, more independent woman which has then helped me in other aspects of my life. Since my first visit here my life has changed dramatically, I have grown more confident, therefore helping me reach goals I never thought possible".

"My time here has come to an end but the experience will stay with me for a lifetime. It has been such a great place of personal growth and discovery in a safe supportive place".



"This service has changed my life. Support and understanding. Helped with depression, changes and learning new life skills".

"Fantastic service...Respectful and non-judgemental care Great that you can access your own counselling records. I found this very therapeutic, to reflect on overall progress from start to end date."

"Every person needs a safe way whilst in crisis Women are extremely lucky to have this Centre!"

"I have been coming for 4 weeks. The support I have received has been outstanding. I have received much understanding and insights into what I have experienced. It is so important to have someone who understands what you have been through as so many people don't know! Including some other professionals. The women here are gifted individuals and give so much back to the community.. There should be more of these services available for women".

"This service has helped me so much. The impact of past trauma that had been unaddressed for so many years brought me to breaking point and I am so glad the Sydney Women's Counselling Centre is here".



"This service rescued me when I found myself totally alone in Australia without family nor friends to support me as I found myself in an abusive relationship. I had no one to turn to, was scared, alone, lonely, losing my sanity and trying to start a life from scratch once again, which meant I didn't have the financial means to seek professional help. The support, humanity, care, kindness, understanding, professionalism is priceless and nothing can pay what they do. This service is helping me get clarity, strength, and so much more to begin to take decisions and find myself again and move forward in my life and not give up as I have wished to do before".



"This service has helped me immensely. I have experienced so much support and kindness for the last year. Thank you for providing such a great service".

"I have sought counselling on and off for over 15 years. This organization is by far the best service I have ever sought help from. They are approachable, considerate, and highly skilled in their field". The counselling I have received here has been very effective. I have become so much more aware of the issues. There has been a heap of resources and information. That has empowered me, and to move forward in strength. This building is a safe place. It is like coming home to a warm cooked meal with the fire place running. I was recommended to Sydney Women's Counselling through a friend who also couldn't fault the service. Many lives are being changed here".

"The Circle of Security program is extremely beneficial in understanding children's needs. And linking the course to real life examples, making it easier to apply".

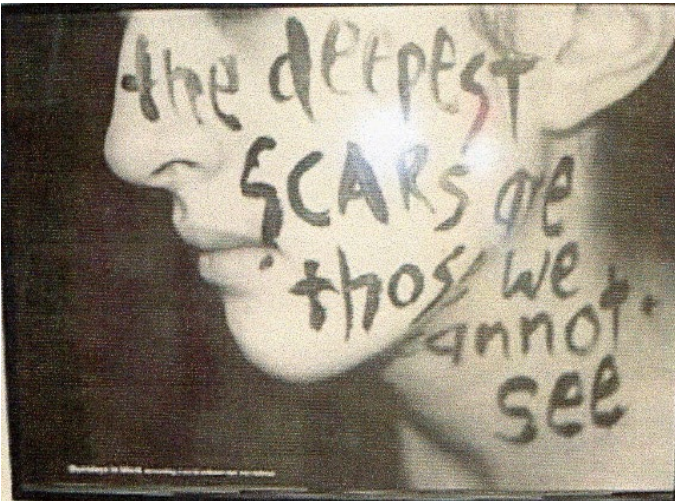
"Best service ever!! I never imagined a life without abuse, only one where it is managed. Counselling helped me leave [D&FV] without fear. As a long term (35 years) polysubstance abuser, I have reached a point where only medication is required. I'm happy with what I receive now".

"This service keeps me sane, helps me to make decisions in my life that help me move forward. My suicidal thoughts have all but gone and life is starting to look brighter. I can't say thank you enough".

"This particular style of counselling has been amazing for me, as compared to counselling elsewhere in the past. Please keep doing the amazing work you do. I am forever grateful".



"I am able to remain alive mainly because I come here"

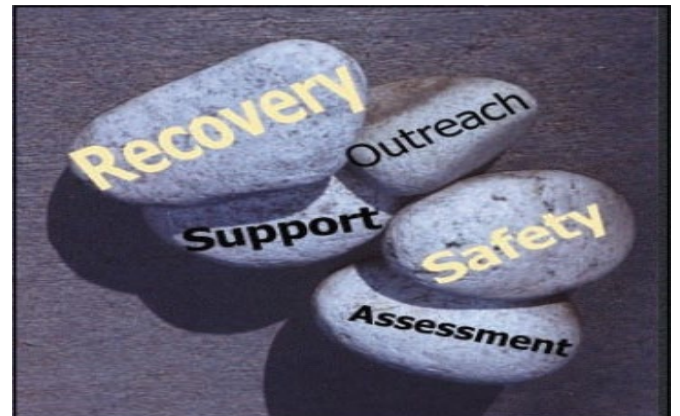


"It is impossible to explain how helpful I have found this process. I will be forever grateful, but I still feel like I do have a way to go yet!"

"I'm hoping to return to volunteer work before paid work after 10 years of PTSD. Years of other treatments did nothing. Here my life has changed significantly in a year."

"Counselling here has helped me rise above the noise a lifetime of abuse makes, to see myself separately and engage all the skills I already have. Not reinventing the wheel—just rediscovering it---. In 35 years of counselling this is the only place which treated me and not just all the problems abuse left me with".

"Specifically the no cost and the longer term accessibility plus the excellent staff has been so helpful at this point in my life."



"I'm hoping to return to volunteer work before paid work after 10 years of PTSD. Years of other treatments did nothing. Here my life has changed significantly in a year."

"I've had counselling in the past and was disappointed with the results. CBT did not relate very well to me"

"My counsellor is such a gifted woman. She has helped me immensely. I am so grateful for her help and for this service".

“This swc-counselling has helped me to be a much better person to myself and get out of a self-blaming myself for everything. Without their support we would still be in an abusive relationship. I have support and all the information I need and we have a voice to speak out”.

“This counselling is super useful and important. I needed this for support and dealing with trust and about issues and stress and anxiety”.



“Without counselling and the skills I have learnt to put in place I would be in a very bad situation...My counsellor has been a guiding mentor to me and not only taught me how to deal with situations but how to deal with them with dignity”.

*“They see **me**, not my problems. I am important, central to healing, separate from the horror I lived. I found safety inside me, vs constant terror. I see beauty in a sunset, not the abuse that comes with the darkness. I have my life back.”*

“This service has given me a lifeline when times are tough! Helping me to stay on the straight and narrow and focus on my wellbeing. I am extremely grateful for being able to access this service at no cost. It’s hard as a single parent to keep the family afloat.”



Empowering Women to improve the quality of their lives and fulfill their potential

“Services like these are very difficult to find. Trauma is a long term situation that Medicare’s 10 session rebates does not adequately cover. Most psychologists I’ve seen also are not trauma informed. CBT specialists that does not adequately address the prevailing issues present in trauma survivors. Having a therapist who is trauma informed has made a significant difference, which could be felt almost immediately. Trauma survivors may not have the financial ability to afford ongoing therapy so services here are so important in supporting us in our healing journey.”

“I am just here for moral support & am happy to say that the reception was warm and welcoming and the Centre is inviting.”

“No one has ever understood me like my counsellor does. Really non-judgemental and helpful.”

“Thank you for your support that couldn’t be more invaluable. Trauma management shapes our society. Please help us solidify our help to the end of our healing, which is a daily priority for me. Sydney Women’s Counselling Service has made my journey cared for most amicably.”



“Wow, the ladies who work here are pretty sneaky. They gently encourage of me to like myself without me even noticing. It keeps evolving for me – stay tuned to when I can eloquently describe this life saving service in all its glory – once I move further into happiness.”

"I don't know what my life would be like without this service. I hate to imagine how much further I would have sunk had I not been rescued by SWCC when I was. Counselling & therapy are hard, but living without them is harder. Harder still is finding ongoing access to ongoing mental health care that is either affordable or subsidized. I was so lucky to find this service. Please continue to fund this service & others like it – they are truly invaluable."



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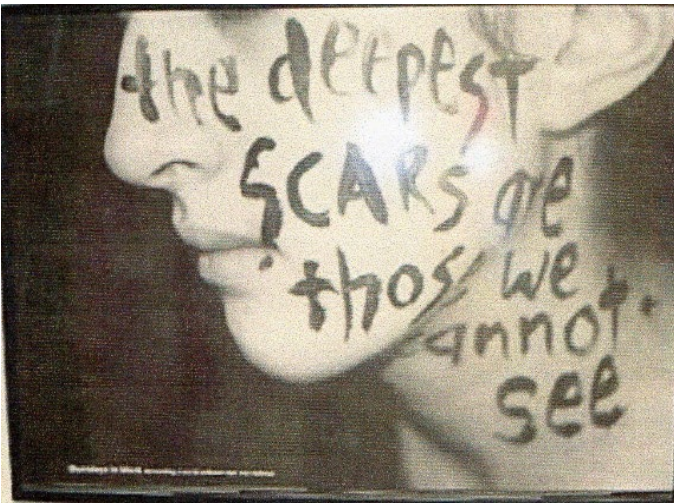
"It is so hard to find trauma informed services for women. Over the last 10 years I have not found a psychologist who will hear my story until now. Thank you."

"My counsellor has never judged me in any way. She encouraged me to like myself and enjoy life. As a Chinese client has D&A dependence, I couldn't imagine to live a total sober happy life without her service. Non-judgmental. It had been really helped my depression, fear, anxiety & loneliness. I would be really struggling to live independently without Helen's gentle guidance."

"The counsellor that sees me is compassionate and non-judgmental. I appreciate the advice that is given and I'm really on the way to becoming a more calm and relaxed person. An hour is never enough so I continue to come week after week. I know this will come to an end but this service is crucial to all women who need support with trauma, D.V., mental health issues, anger issues and many more. Keep up the good work. More funding is needed. Thank you for being supportive. Best wishes."

"This service is one of a kind. Never have I come across one that works so well with woman from trauma background. It is very specialized work, dealing with us in crisis, highly stressful circumstances and in survival mode. As I was unemployed battling to find work for a long term period; I was facing homelessness + sever anxiety + depression it was incredibly hard to think clearly and make wise decisions. Through this service I have become whole, am in a stable environment & dealing with the scars as I heal. There is no way I could have accessed this service if it was not for free."

"Thank you for your support letter and your support in general. I really think things could have gone really worse and with big implications for the three of us, so by making the move that I did, I have saved the three of us a lot of pain. And that could have never happened without yours and the caseworkers and the centre's support."



"The counsellor I see helps me through difficulties. She is helping me address my fear & she gives me guidance through my issues. She is compassionate, understanding & professional. She helps equip me with tools to deal with the mental anguish that can cloud us. Though things may seem normal to outsiders the mental scars of abuse have longevity. This service is helping me cut through the tangled rope that has encased me mentally."

"My counsellor has given me guidance during a time when my headspace was clouded & confused, but asking the right questions, teasing out the threads of my issues & giving me the space & time to work out my thoughts, feelings & necessary actions. I have been to counsellors in the past & many health professionals for mental health, & have found this service to be the best fit & most knowledgeable."



"This is an invaluable counselling service. I have had the blessing of attending weekly sessions with a very caring and supportive counsellor which helps me to keep going and navigate my mental health."

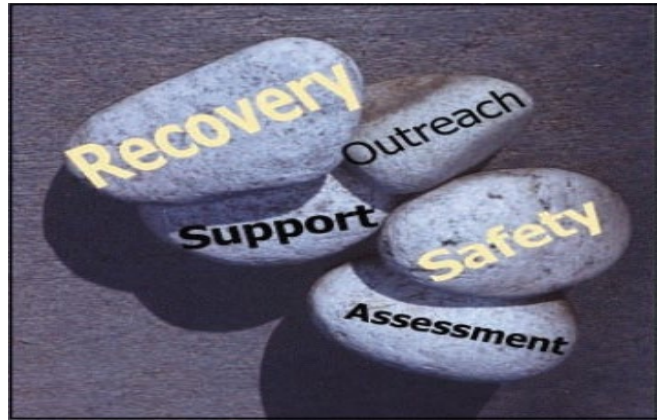


"Without this service there is no way I would have been able to afford the quality counselling I receive here – I have been coming here for almost two years and have made significant progress in my life thanks to Maria and her guidance, I have made a lot of positive change in my life. I've remained clean and sober, gained meaningful employment, and been able to even support other women coming from AOD and trauma, so thank you for this service supporting me on my journey!!"



"I'm not broken anymore. I just had surgery and didn't believe I was gonna die, I didn't even have a panic attack. I didn't even ask for a pre-med. I went in without any beforehand medication. Now I believe it!!! I much prefer my Post Traumatic Growth to PTSD... If I could send you one of my gerberas I am growing, I would. But a picture will have to suffice until I see you in October. OMG, thank you thank you thank you!!!!"

"With mental health and trauma there is a significant gap in support. There's a private system that over charges. There are organizations that chew you up and spit you out when the funding in its various forms runs out. In community health in hospitals you simply fall through the gap. I'm only recently new to Campsie women's but there is nothing quite like their drive for consistent, constant and life long tools. If more services had this approach there would be more hope to living with mental health burdens."



"Sorry that my English is not good enough to impress my feelings. I just want to say "Thank you" for giving us women a place to come when we don't know where to come, someone to talk to with when we don't know anyone to talk and share our stories."



"I can never truly express what you have done for me, and my whole family. You may be used to seeing these transformations in your line of work, but to me this has been one of the greatest blessings of my life.

I am and will always be forever thankful for this opportunity. I am not the same person anymore. I am me, but changed for the better, because I have been able to put my past in its' rightful place and focus on the present. You gave me a safe space without judgement to explore my deepest fears and most painful memories with kindness, wisdom and compassion. I finally feel that my soul is at peace. I honestly feel like this has lifted dark shadows and broken habits not only from my life but my children's lives and hopefully their future generations lives.

Thank you for helping me to heal myself "

"When I first came to the Centre, I was completely a different person. It took one whole year to feel comfortable to open up. My counsellor never judged me and she never made me feel uncomfortable. I never thought I would show these deep deep, painful and harsh wounds to anyone because I never knew a person like her ever existed.

We have worked through so many things and I have learned major life skills and am still processing and learning. It's 35 years of damage we are fixing and learning and unlearning. It's really hard but once you know where it's coming from, my response and my self talk is changing. I can't thank enough for bringing this ability into my knowledge. This center is true example of compassion on this planet which was hard for me to understand at the beginning.

I asked my counsellor "what is compassion" I know the definition but never got from anyone when I was little or as an adult or in my 10 years of marriage, so it was hard to understand at the beginning the concept of self-compassion. But now I am slowly starting to understand and give some love and compassion to myself. My counsellor made me understand what I was feeling and my emotions where they were coming it's absolutely normal to feel this way, which made me feel secure and discard the thought of 'there is something wrong with me'.

This Centre has given me so much which words cannot describe the change one brings in vulnerable people's lives. It's hard to put in words. All I can say is my counsellor made me feel I am worthy and I am enough. I deserve respect and love. Though I am still learning and fall back into old habits at this point of time, well... at least now I know."

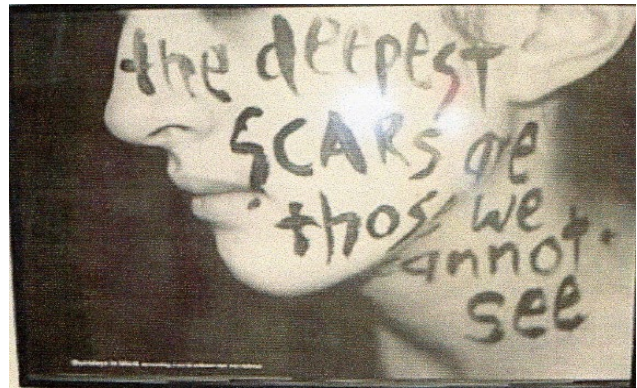


Empowering Women to improve the quality of their lives and fulfill their potential

"The way the author describes the experience of having Inattentive ADHD is spot-on and really hit me between the eyes. It has also opened up the well of pain once again and I suppose allowing me yet another opportunity to work through and process a little more of the grief.

It has helped me to appreciate on a deeper level, the depth of exhaustion and overwhelm that I experienced with having to be my own advocate through my workplace issues (and realistically, with my son also, through his school years and throughout the years of addiction and chaos). I feel so lucky to have been able to access support through the SWCC and I really don't know how I'd have made it this far without your support".

"This centre is a wonderful and vital service for women in NSW. Upon discussing the service with friends and family interstate, all are incredulous that this isn't a more widespread offering for women in other areas. For many years I have attempted to seek help for certain personal issues and generally there are no services, long waiting lists or are unaffordable. This is a godsend and much appreciated"



"So here we are at the end of my counselling journey, and what a journey it has been, highs, lows, real lows great, sad, crying, happiness, hard work and personal development. Now I am a renewed woman ready to take the next chapter in her life. Thank you for your help and guidance. I have had counselling before but this time around has defined me and evolved me. I found that this relationship we built together and respect for each other has helped me achieve what I wanted in my life at this stage. Once we started we found the more we dug deeper and deeper we realized there were more layers to peel from my past and my present that had to be dealt with, confronted and find a way to start healing from. Now I am healing and confronted my demons. I can now see so clearly that I was holding back in my life, the food addictions, binging, not living to the fullest I can be, I was afraid of a lot of things that did not make sense, I had no trust in any living being, not being content with myself or the life I was leading...I was not going anywhere, I just existed. And now I see everything to exist for and look forward to. I had every door closed by my choice which didn't make sense and now I have opened nearly every door I could possibly ever thought I could image to open. I used to believe that I wasn't meant to be born, I wasn't meant for this world, this world didn't want me or need me. I felt like I was trapped in a glass box completely closed, I was stuck in a cycle of self-unawareness, self-loath, self-hate, anger, binging, blame, shame, disgust and a long life of imprisonment. Jailed in my own mind. This journey of healing and rediscovery of myself and my past and who I am has been better and more amazing than I could have ever imagined it would be. I never thought I was fixable or worth fixing until you showed me and proved to me I am.

Thank you from my whole heart and my soul for your help, your guidance, your professionalism, your support, your comfort, your commitment. You have helped me break the glass box and set myself free. It's time for me, to go on my own and live and be free and happy. Wow I didn't think writing this would make me so emotional, but it's a long time trust relationship that must end. Thank you for being part of my healing and transformation and thank you for witnessing it".

“Wonderful service focused on recovery which takes time after long term trauma and violence. I am so grateful that this is not another counselling expecting I would be able to turn around decades of issues in a 6-week program. Time is needed and it is so good this service provides clients with time to go through all the issues and come to an understanding about how to move forward”



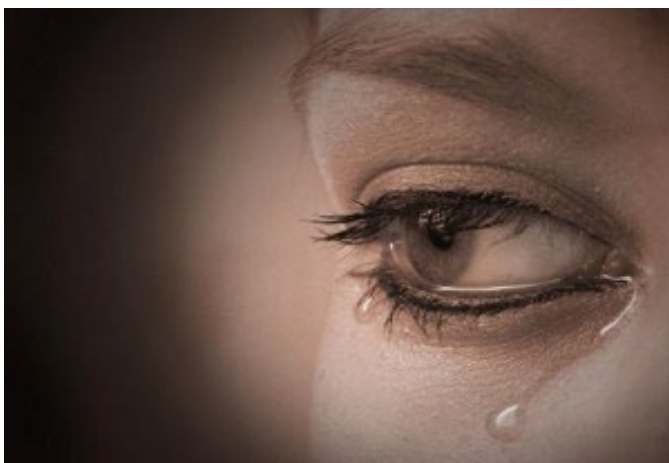
“As a referrer to your service I would like to thank you so much for being so helpful to my clients. It is wonderful to work alongside a service that is so empathic and flexible and is willing to assist at short notice...particularly when you are so obviously very busy. Thank you (Barnardos Family Connect and Support)”

“Thank you for providing your wonderful service remotely during the Covid times”

“This Centre has been/is integral in helping me understand, recover from, process complex trauma, suffering and loss of self-worth. Alone I may likely have been a statistic, not able to navigate difficult life changes and risk permanent self-harm”

“I don't know what I would have done without this support during lockdown and everyone working/studying from home. It has been extremely stressful and support with my unique issues has been invaluable and potentially life-saving. Thanks”

“I find it really hard to speak about my feelings and to express anything inside because it feels so big and scary but having such a non-prescriptive place made it ok to put whatever I needed out there. It felt all safe and contained enough. It was really very helpful”



“This service has been superb at helping me heal from assault”



"I find it really hard to speak about my feelings and to express anything inside because it feels so big and scary but having such a non-prescriptive place made it ok to put whatever I needed out there. It felt all safe and contained enough. It was really very helpful"

"Longer term counselling allows us to really connect and solve deeper issues"



"I have been treated as a person, not a patient who needs to fix their PTSD.....non compartmentalized. My entire life counts....not just specific abuse issues.... to be repaired"

"I am in part time work for the first time in 13 years. Unimaginable before coming here"

"This is the safest Centre /space I have ever been in since I was 21 (I've had 30 years of counselling at different times of my life). I feel so cared for that someone 100% cares for my best interests"

"This therapy has been integral to my recovery from domestic violence and my mental health and wellbeing. This Centre is excellent and thorough and very informative and helpful with resources"



"I understand my thought processes and have more control on the power of my choices through awareness"

"My counsellor is very professional and helps me reach positive conditions around processing interpersonal relationships"

"This Centre has been incredibly helpful to me since starting. I am incredibly grateful to have this resource available. My other option was \$180 sessions with a psychologist!! So thank you so much again"

“Warm gentle atmosphere and counselling approach from staff and counsellors”

“Excellent and professional counselling makes a huge difference and I am very grateful for the support”



“Thank you for the privilege to come for trauma counselling. You have helped me so much”

“I really like the Centre and it’s a very calming place with very welcoming staff. Thank you”

“An invaluable service. A helpline is no comparison to a counsellor who can spend the time required to get to know the difficulties a person is facing”

“This is a lovely, quiet, gentle and supportive environment”

“Very grateful to find this place. I was referred by a friend who goes here”

“I cannot describe how grateful I am for the therapy I get here. It has been integral for my safety and wellbeing

“My counsellor is absolutely amazing in supporting me in my recovery from DV. I could not have coped with life, children and Family Court without this

“Psychologist did not help at all. Psychiatrist abused his power. This Centre has taught me tools to use outside in life. I understand trauma and what trauma informed care means. I feel very cared for here. No hidden agenda. I’m blessed to receive this urgent help for my mental health”

“I could not be without this imperative assistance. It is at a pivotal time of my life that this provides me with life changing support”



“Having a place I know is always there is super important. Not having to get a referral constantly has been very beneficial”

“This Centre is a wonderful and vital service for women in NSW. Upon discussing the service with friends and family interstate, all are incredulous that this isn’t a more widespread offering to women in other areas. For many years I have attempted to seek help for certain personal issues and generally there are no services, long waiting lists or unaffordable. This is a godsend and much appreciated”

“This service has been pivotal in the regularity and consistency it provides to supporting my recovery”

“No cost and regularity has been most important”

“This Centre is crucial. My counsellor is amazing”

“Counselling has eliminated the need for social supports where I would lose my boundaries. More independent and respectful choices as a direct outcome of counselling”



“I cannot image the hell I would be living in (and my child too) without this indispensable service”

“It was so good to have an open space every week where I could come and express my inner world and explore myself in a non-threatening way”



“Always supportive and compassionate service with a degree of flexibility for my life”

“Someone who cares. Free of cost. Means that I could have regular counselling as I needed at the time of my upheaval of symptoms of PTSD”

“My counsellor is very skilled at reinforcing my greatest attributes”



“Life saving literally”

Covid19 Lockdown 2021

"I would like to do in person much more but very happy for the support"

"In general my mental health has gotten worse in lockdown"

"Lockdown prevented me from physically going, that use to help me get out of the house."

"Online seems more distant, but knowing it is temporary is comforting"



"Everything I need to cope with counselling in lockdown has been done by way of the approach by my counsellor to help me adjust"

"I have been more depressed and had to sit with my problem constantly during these difficult times. The trauma is unavoidable, staring me in the face,"

"The zoom calls make it easier to work around other work/life commitments."

"Zoom made me uncomfortable. I am very disappointed"

"Excellent service either face to face or using technology"

"I could not be more grateful for the extraordinary work this service has done to help me toward my actual potential. I can work part time now. I can abstain from substances. Nothing the private sector managed in the previous 35 years. And yet again, at every turn in my life, right through covid I have felt supported, worthy and loved!!

"I feel extremely grateful to the counselling service I am receiving. I was a client in prior years working through some tough trauma. Being accepted back since having so much problems with a medical disability and a cancer diagnosis, has been saving. And I am at less risk of self-harming myself. Thank you."

"The quality of counselling has always been exceptional, however feels less personal over a video call"

"It has been an amazing service I have been receiving. Talking to my counsellor during lockdown has helped me focus and understand my situation more and find ways to help myself deal with it. "

"I'm very happy with the service and my counsellor and feel grateful to have had access to this service especially during the lockdown"



Truly learning so much on the acceptance and dealing with uncertainty and the topic of mindfulness. Learning and working through to improve on rumination, and the overall thinking to the point I can give and support others. A quiet word to say thank you. Grateful be inspired to learn more. Thanks again,

“My life was savedGratitude ”

“This has been different from other counselling . There has been a better understanding of how to help me through my circumstances and knowing what strategies are able to help me and are best for me”



“This Centre is a wonderful and vital service for women in NSW. Discussing this service with friends and family interstate, they are incredulous that this isn't a more widespread offering to women in other areas . For many years I have attempted to seek help for certain personal issues and generally there are no services, long wait lists or are unaffordable. This is a godsend and much appreciated”

“No financial commitment for having counselling and you have provided me the time for recovering my most deep feelings, for which the time has provided me with a solution to my most pressing trauma in my life”

“This place is more professional than others. This approach/methodology worked better for me in my healing process”

“I have a better understanding of my childhood abuse/neglect/trauma and how it has influenced my adult relationships and that I am not alone ”

“Feeling heard and believed is very important”

“Frequent long-term non- judgmental trauma informed counselling is hard to find and childcare next door is helpful “

“The combination of long-term support and no cost is great”

“My counsellor has been a wonderful support”

“This kind of Centre should be in every community in Australia”



"I really like the Centre and it's a very calming place with very welcoming staff ...thank you"

"An invaluable service. A helpline is no comparison to a counsellor who can spend the time required to get to know the difficulties a person is facing"

"Thank you for providing your wonderful service remotely during COVID times"

"I didn't know what I would have done without this support during lockdown. It has been extremely stressful and support with my issues has been invaluable and potentially life saving ...Thanks"

"Thank you for the privilege to come for trauma counselling. You have helped me so much"



"Definitely something I look forward to. My counsellor has helped me and supported me through my trials and tribulations. Her support has been amazing and definitely enables me to continue through life's challenges. Lightens my soul. I am very grateful"

"I could not be without this imperative assistance. It is at a pivotal time of my life that this provides me with life changing support"

"As a referrer to your service I would like to thank you so much for being so helpful to my clients ...it is wonderful to work along side a service that is empathetic and flexible and is willing to assist at short notice ...particularly when you are so obviously very busy. Thank you"

"I cannot describe how grateful I am for therapy I get. It has been integral to my safety and wellbeing"

"Excellent and professional counselling. Makes a huge difference and I am grateful for the support"

"I have been seeing my counsellor for a while now and she is absolutely amazing in supporting me in my recovery from DV. I could not have coped with life ,children and family court without her support. There are really no words to describe how grateful I am"

Wonderful service focused on recovery which takes time after long term trauma and violence. I am so grateful this is not another counselling service expecting I would be able to turn around decades of issues in a 6 week program. Time is needed and it is so good this service provides clients with time to go through all the issues and come to an understanding about how to move forward."

"I have been coming to counselling for about a year and have been dealing with a lot of things ...home , work, relationships. I didn't know here I can say that having someone to talk to in a therapeutic setting has been very helpful. I was able to explore my negative thought patterns and actively work through my memories. I feel I am a better person because I have a better understanding of my triggers and how to move on from my past and live a more positive life"

This is a great assistance that this Centre has provided with my psychological symptoms and uncovering my traumas. I can feel free because my of counsellor's hard work and perseverance with me even when there were time constrictions The counselling has eventuated in my finding better circumstances for my life to be lived, not missed. Thank you from my heart"

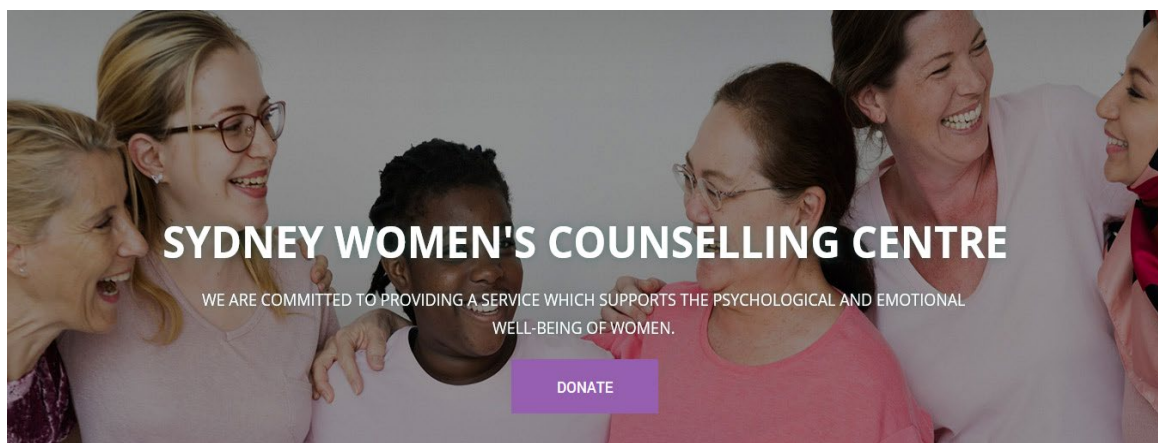
"Always helpful and supportive> don't know how I would be and where I would be today without the assistance and support. Very grateful"

"Finding this Centre has been a godsend. I have suffered domestic violence for many years and seeing a counsellor here with its beautiful surroundings has given me hope of a brighter future. This service is needed for healing"

"This service has been such a lifeline for me and it is life changingI am so grateful"



“So we are at the end of my counselling....what a journey it has been, highs, lows, real lows, great, sad, crying and happiness, hard work and development. Now I am a renewed woman ready to take the next chapter in her life.....thank you. I have had counselling before with a few different people throughout my life but this round has defined me and evolved me. I found that this relationship we built together and respect for each other has helped me achieve what I wanted in my life at this stage. I realized I needed help to cope with stress and crisis and once we started there were more and more layers to peel from my past and my present that had to be dealt with, confronted and find a way to start healing from. Now I am healing and confronted my demons I can see so clearly that I was holding back in my life, the food addictions, not living to the fullest I could be. I was afraid of a lot of things that did not make sense. I had no trust in any living being, was not content with myself or the life I was leading.... I was not going anywhere, I just existed. Now I see everything to live for and look forward to. I had every door closed by choices that didn't make sense to me and now I have opened nearly every door. As a child I felt like I was trapped in a glass box completely closed, all I could do is see through it and watch other peoples lives. I was stuck in a cycle of self-unawareness, self-loathing, hate, anger, bingeing, blame, shame, disgust and long life imprisonment. Jailed in my own mind, my thoughts, in my body that I did not want to own or know. My body and my mind were never mine and were always controlling me. Everything was a living lie and I was trapped in my own mental torture. Somewhere deep down I knew that this was not normal. This journey of healing and rediscovery of myself and my past and present has been better and more amazing than I could have ever imagined it would be. I never ever thought I was fixable or worth fixing until my counsellor showed me I am. My counsellor helped me break the glass box and set me free to discover the world and discover who I am and now I love who I am and I want to be in the world. Now I know how to make my own decisions and be confident in my decisions , I have control of my body and my mind and my actions. It's hard to write goodbye but it's time for me to go on my own. Thank you for being part of my healing and transformation”



**Empowering Women to improve
the quality of their lives and fulfill
their potential**

“Your centre plays a very important role in the lives of many women like me.

My counsellor’s support and her guidance has given me so much understanding of the situation I had found myself in. The reasons why and now how to turn my life around. Her way of thinking and her ability to communicate have made our sessions incredibly insightful and healing and given me lots of strength.

In general there seems to be a misunderstanding of emotional abuse, it’s insidious, dangerous and strangely enough not very clear to the victim and often not seen by the people around them either.

It’s by looking at it from a distance that I can recognize what was going on and what I have sadly put up with. No wonder that I felt like a rudderless ship, terribly sad, severely depressed and very scared.

The knowledge that my counsellor has passed on has made a profound difference in my life.

The work we do together is absolutely life changing.

I am so grateful that this service is available to me.

“It was a pleasure to work with you in assessing the client for the most appropriate housing assistance product to impact positive change within the client and her children’s lives.

I am thankful to be in such a position, and it was a pleasure to work with you to support this client. Your advocacy for your clients is very admirable. It makes a massive difference in the outcomes we are able to achieve when stakeholders like yourself who are genuine, remain dedicated and committed to achieve the best outcome for our mutual clients.

Looking forward to crossing paths with you again in the near future. “

Housing Officer

“Have truly valued my experience here”

“ I get validation doing my childhood integration”

“I look forward to coming in every week. Staff are just excellent. “

“I feel welcome and safe. All staff are warm and kind. My worker allows me to determine what works for me I feel blessed to be here “

“I had an excellent experience that was very helpful and supportive. I had recently migrated here and was in an abusive relationship”





“My counsellor has been a great support during my journey. Thank you”

“Access to free and exceptional counselling. I feel respected, its trauma informed”

“My counsellor was very supportive and helped me with several crisis’s and helped me understand how the abusive relationship was able to develop”

“ The admin woman is always very welcoming and kind which is great on arriving at the centre”

“This service is very friendly and helpful”

“ Long term frequent, regular and trauma informed counselling”

“Support and empathy provided by my counsellor. She is very professional and non-judgemental, has a great communication style, is respectful and understanding She made me feel safe to express myself and unload the weight off my shoulders in every session”

“The staff are friendly, approachable and compassionate. I received excellent care and felt like I was heard. It’s a professional and safe Environment”



Empowering Women to improve the quality of their lives and fulfill their potential

"The counsellors have always been respectful and non-judgemental. I have felt heard and understood. The level of sensitivity and care has been extended when required. I have been and remain very grateful for SWCC Thank you!"

"This is a safe space to express my emotions and work through issues and grow"

"I love that my counsellor is always so welcoming. I always feel so much better about myself and Situations I am in because of the way she responds and helps me in our sessions. I look forward to tuesdays because I know she is going to make me feel better"



"This is a safe space to express my emotions and work through issues and grow"



"Great service. Always supportive"

"Service and care with great empathy and respectfulness and patience. I found that my needs were validated and recognized. I'm truly grateful for the service from my counsellor, feeling I find hope at the end of the tunnel"

"I've learnt coping skills to manage my mental health, feel validated and heard. I've become more aware of my triggers and maladaptive coping ways"

The staff are very helpful and understanding. I feel safe, comfortable and happy to be at the centre undertaking my counselling sessions. The level of support is beyond great and thank you to all"

The support I get from my counsellor is making all the difference to my life. I am so grateful"



"I could not be without this imperative assistance. It is at a pivotal time of my life that this provides me with life changing support"

"Very grateful for the care and support I find here...excellent professional therapy and a beautiful place to be ...caring and gentle women"

"My counsellor is the best counsellor ever!! She is an amazing person. She has helped me in a lot of ways, I'm more focused on a lot of things now and life goals "

"Always helpful and supportive. Don't know how I would be and where I would be today without this assistance and support"

"This service has been such a lifeline for me and its life changing. I am so grateful"

"I've made more progress in my counselling sessions with my counsellor than over the past 40 years in therapy!! Thankyou SWCC"

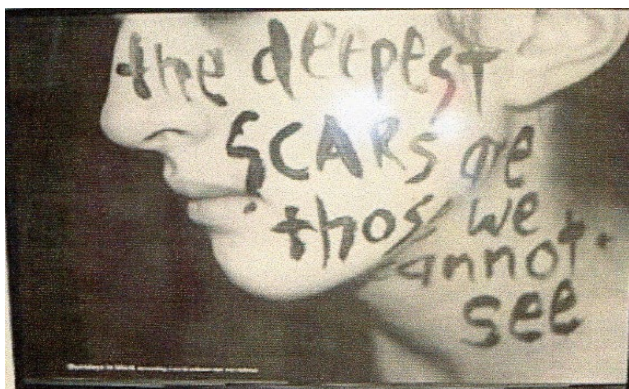
"Finding this Centre has been a godsend, I have suffered domestic violence for many years and seeing a counsellor here with its beautiful surroundings has given me hope of a brighter future. This service is needed for healing"

"Definitely something I look forward to . My counsellor has helped me and supported me through my trials and tribulations. Her support has been amazing and definitely enabled me to continue through many challenges. Lightens my soul, Very grateful Thank you"

"Thank you for the privilege to come for trauma counselling. You helped me so much before . Now I have hope we can repeat the process for this next part"

"It's a great assistance that this centre has provided for my psychological symptoms so that I may be able to recover from my trauma. I have become well because of it. There is no lying , I can be free. The counselling I got eventuated in my finding better circumstances for my life to be lived , not missed. Thank you from my heart "

"I have had counselling for about a year. I have been dealing with a lot of things at home, work and relationships. I didn't know what to expect but now that I am here I can say that having someone to talk to in a therapeutic setting has been very helpful. I was able to explore my negative thought patterns and actively work through my repressed memories. I feel that I am a better person because I have a better understanding of my triggers . I can now move on from my past and live a more positive life "





“ I cannot describe how grateful I am for the therapy I get here. It has been integral to my safety and wellbeing”

“Excellent and professional counselling makes a huge difference and I am very grateful for the support”

“As a referrer to your service I would like to thank you so much for being so helpful to my clients. It is wonderful to work along side a service that is so empathetic and flexible and is willing to assist at short notice –particularly when you are obviously very busy. Thank you (Bernardos Family, Connect and Support)

I have been seeing my counsellor for awhile. She has been absolutely amazing in supporting me in my recovery from DV. I could not have coped with life, children and family court without her support. There are really no words to describe how grateful I am”



“Wonderful service focused on recovery which takes time after long term trauma and violence. I am so grateful that this is not another counselling expecting I would be able to turn around decades of issues in a 6 week program. Time is needed and it is so good this service provides clients with time to go through all the issues and come to an understanding about how to move forward “

“An invaluable service . A helpline is no comparison to the counsellor who can spend the time required to get to know the difficulties a person is facing. Thank you for providing your wonderful service remotely during covid times . I don't know what I would have done without this support during lockdown and everyone working/studying from home. It has been extremely stressful and support with my unique issues has been invaluable and potentially lifesaving. Thanks”

“I really like the centre and it's a very calming place with very welcoming staff “

This centre is a wonderful and vital service for women in NSW. For many years I have attempted to seek help for certain personal issues and generally there are no services, long waitlists or they are unaffordable. This is a godsend and much appreciated”

“Sending a note of gratitude to my counsellor for all that she has helped me with through the last year. When you can see the fruits of the work you’re doing, it’s so exciting.”

Feedback from a prospective client who requested counselling.

I called to explain and book intake – pretty ordinary process to us...but to this client it meant so much more. The client kept reflecting how trauma informed this whole induction process has been for her. She expressed appreciation for truly being trauma informed. For explaining every part of the process to her. For telling her it’s OK to say no to sections or stop and continue it on another day. She said she understands she also needs to be trauma-informed in how she responds in the intake...to only tell as much as she can handle. She expressed that she feels she has called all the numbers of services that say they are trauma informed but none have actually been in the way that we have presented so far - explaining every part of the process to her.

Counsellor

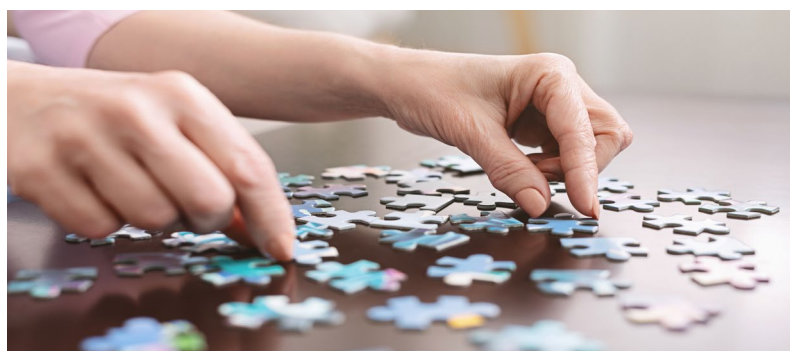


“Skilled support and understanding”

“Long-term and affordable counselling is good and childcare next store is convenient”

Case management, practical, financial help and advocacy were available”

“The Centre was very supportive. I feel safe”



Counselling has helped me with too many things. Thanks for everything. I'm happy to come to the Centre"

"In general I can face problems better and find it very important to have the reassurance every week and to go deeply trying to resolve deep seated problem/trauma"

" More than I expected, a very, very good service. Wouldn't/couldn't imagine what life would have looked like without the help provided"

"I would never be able to afford this type of care. I am very grateful"

"My counsellor is amazing and has already helped me a lot"

My counsellor has been wonderful.... I can't express how much , the extentI will miss counselling"

"Understanding in all areas"

"I'm creating healthy boundaries, and implementing self-care"

The support has been incredible. Couldn't imagine having arrived at this point without the help of my counsellor"

"The quality of service has been outstanding and a real life changer. I am so grateful"

"The level of counselling is very high. I feel understood and talked to in a manner that actually gets through and makes complete sense."

"It's a road and my counsellor is such a fantastic ,clear helper"

"I'm very close to making abstinence a choice"

"There should be such a Centre in every suburb"

"Without this service I don't know if I'd be here alive looking after my kids, mother and husband"

" Trauma informed care is real. I feel safe coming here"



"Faultless"

"I feel safe"



“ My counsellor is a amazing lady, without her I'd be gone from this earth. I feel safe, heard and never judged. This has changed my life and the support is amazing”



“There is safety in being a woman only space, especially as the survivor of male abuse, violence. It's comforting to know the facility is locked”

“The fact that you can see your counsellor for 2 years weekly gives you a high chance of succeeding to get better than with other counselling that is only 10 sessions then leaves you in the dark again. I made no progress from my 10 session a year previous counselling elsewhere”

The best decision I ever made. I never thought I could change the way I have changed”

“This is the first service I've kept engaged with. It's a true example of trauma informed counselling”

“I know longer feel I'm in fight or flight....thank you so much”

“Person cantered, trauma informed, holistic, regular and fixed counselling time/day of the week. Flexibility to change when needed> feedback and strategies are appropriate, reasonable and achievable. No time pressure to rush through healing process. I always feel heard, valued and respected

“There is safety in being a woman only space, especially as the survivor of male abuse, violence. It's comforting to know the facility is locked”

There is an ease of access, it's a safe space, its friendly, accepting and information and support have been provided"



"There is a professional and caring attitude of counsellors. I feel heard and understood. The centre has a very respectful attitude and is always a place of safety"

"I have a safe place to come and work through the things that used to stop me moving forward. I don't know where I would be without this Center and the tools they have empowered me to use"



"The support I'm getting from my counsellor is making all the difference to my life. I'm so very grateful"

" My counsellor has helped me in a lot of ways. I'm more focused on a lot of things now and to carry on about life goals"

"I've made more progress in my counselling sessions at the Centre than over the last 40 years".



"This service has been such a lifeline for me and it is life changing. I am so grateful"

“I am so grateful to have been able to access this program and my counsellor’s support. It has given me strength and insight. Thankyou”

“Very grateful for this Women’s Centre and for my counsellor and her ongoing support. Friendly and safe environment ”

“This women’s centre is an unbelievable privilege to have in my life. It has helped me move forward and survive over the last year. I am so very grateful”

“I struggle putting thoughts to paper. This service has helped me immensely and given me hope”



“My quality of life has vastly improved since I started coming to this Centre for counselling. I feel like my life is moving in the right direction I am getting the guidance and support I need. Thank you for this vital service”

“This Centre, these counsellors, this front of house are truly amazing. The care, the service and the caliber of professionalism is the best I have ever received. I thank my lucky stars that I found this place. It has and is helping me profoundly. I am so grateful”

“ I would like to extend my thanks to everyone at Sydney women’s for providing a much needed service and for all being extremely kind, accommodating and supportive. Your service has been invaluable to assisting me during a stressful time.”

“I’ve been seeing my counsellor for 8 months now at SWCC. After a few bad experiences trying to find a therapist and having to deal with ones who were dismissive, simplistic(“you just need to go to work with horses, then you will be happy” and “you really need to move past this”) are examples from past therapists, my counsellor here is a breath of fresh air. Her kindness, validation and experience with DBT have all meant I can and have progressed so much further and got so much better mental health wise, than I could have ever believed . She has without doubt helped me towards a life worth living!. SWCC is invaluable and I am eternally grateful such a place exists”

“ I feel listened to and validated as a person. I know I am not alone. This is what I have received from counselling at the women’s counselling centre

“I just wanted to take the time to express my gratitude to my counsellor. I came to her broken, with severe anxiety, financial problems, a really bad back injury and so many other issues in between and every week she made me feel better than the week before. She always makes sure I am comfortable where I am sitting as my back injury prevents me from sitting for long periods of time.. I am always uncomfortable and she is always making sure I am ok. She is a really good counsellor and an even better person. She helps me work through my problems one problem at a time and I always leave with my head high ready to take on her advice and face the next problem. There has been many times that I have not wanted to come.. where I had so many problems that I just wanted to sort that out instead of coming but I still push myself to attend every week knowing that once I arrive I will feel better.

Thankyou for your ongoing support



**Empowering Women to improve
the quality of their lives and fulfill
their potential**

“The counselling here has and is changing my life for the good. It’s absolutely brilliant that this service is available for people who have no ability to get help and very good help elsewhere. It’s often too financially prohibitive to stay long enough to value changes. I am so grateful”



“I am able to leave the house. I have somewhere safe to come and decompress while being armed with the tools to heal and move forward. Words don’t express how grateful I am”

“ My counsellor has been invaluable for my internal changes in my life. Having weekly support “helped keep me on track with my recovery from drug use. My counsellor taught me how to speak to myself better and show up for my- self. I’m staying connected and now about to start a diploma course”

“The women at SWCC are amazing, from the welcoming receptionist who always greets you with a smile to the awesome caring counsellors”



Sydney Women's Counselling Centre

Acknowledges the traditional custodians of the land on which this workplace operates the Gadigal people of the Eora Nation, and pays respect to all elders past present and future.

Among the most important of the Aboriginal artwork sites in Canterbury Bankstown is a rock shelter located at Undercliff. Archaeologists have labelled this site as a rarity in the Sydney region and the paintings and etching are believed to be 1,000 to 5,000 years old



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