

A CENTRE FOR WOMEN

Sydney Women's Counselling Centre (SWCC) is a specialist counselling service that works within a Social Determinants of Health and Trauma Informed Care framework providing counselling to women, primarily to those who are marginalised and socio-economically disadvantaged.

The services provided support the psychological and emotional wellbeing of women while recognising the social, environmental, economic, physical and cultural factors which affect women's health.

Client-focused confidential counselling is conducted in a supportive, trustworthy and respectful environment.



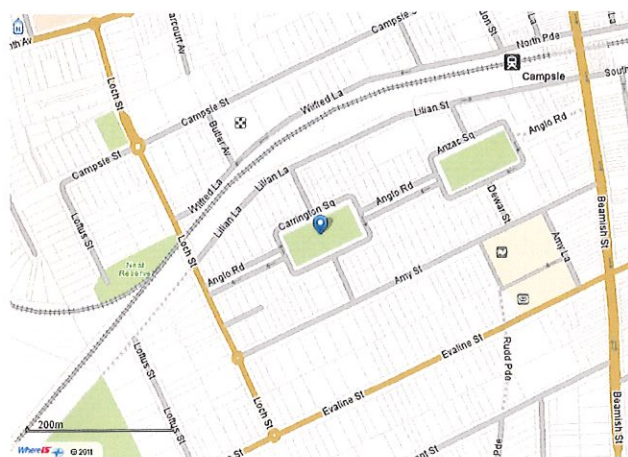
Please contact the Centre for an appointment.
Self and organisational referrals accepted.

Sydney Women's Counselling Centre

4/2 Carrington Square Campsie NSW 2194
P: 02 9718 1955
E: help@womenscounselling.com.au
W: www.womenscounselling.com.au

Opening hours: Monday to Friday
9am to 4.30pm

HOW TO FIND US



We are located 5 minutes walk from
Campsie Railway Station (Bankstown Line)

Bus Services: 400 (accessible for people with disabilities), 412, 413, 487, 492, 494

On street parking:
no meters surrounding the centre

Wheelchair accessible and occasional
childcare available adjacent to the Centre

WHAT IS COUNSELLING ?



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Counselling for Women by Women

Counsellors at Sydney Women's Counselling Centre(SWCC) all have professional qualifications; work with an integrative style and holistic approach. They may use a range of techniques that are drawn from different counselling models, which are utilized within the framework of the Social Determinants of Health and Trauma Informed Care.

At the commencement of counselling, you can expect your counsellor to discuss with you the counselling process, your goals and your readiness to make a commitment at this time in order to come to a plan that can meet your needs.

Counselling is a professional relationship between a counsellor and a client where the client is treated with respect and positive regard and where the client can freely discuss their concerns in a safe and confidential space

When you contact us we will arrange a mutually convenient time for a telephone or in person therapeutic screening which helps us to determine the best care to meet your individual needs.

Counselling is provided free of charge
SWCC has Public Benevolent Institution status
Donations are welcomed and are tax deductible

Trauma Informed Care

Counselling is underlined by a focus on

- Physical and Emotional Safety
- Trustworthiness
- Empowerment
- Collaboration
- Choice

and a practice ethic to avoid re-traumatization for clients who have current and past experience of trauma

Counselling may include the following

- Being listened to in a non-judgemental manner
- Being helped to find your own solutions to your problems in a supportive, collaborative way.
- Being helped to explore and understand your life and your circumstances
- Being helped to increase your self acceptance and self care
- Being helped to build social and support networks in your life
- Being helped to achieve the specific changes and personal goals you identified for yourself
- Being helped to reduce unwanted symptoms such as anxiety or depression

**SWCC has held continuous
Accreditation since 1998**

- Being helped to cut back or stop addictive behaviors
- Being helped to cope and rebuild your life after a specific event such as a significant loss (through death or separation from a loved one), or series of events or traumas that have left you feeling stuck and unable to manage your life anymore.
- Being helped to rebuild your relationship with yourself and others.
- Being helped to understand how childhood issues currently impact on your relationships and emotional wellbeing
- Being helped to cope with a wide variety of family problems

Counselling is not meant to be

- About being 'rescued' by the therapist
- Advice giving
- Psychiatric treatment
- Social chit-chat

**SWCC employs professional, qualified
Counsellors/Psychologists/Social
Workers who are registered with
professional bodies.**