

# Northern Frontiers Mediation & Counselling Child & Teenager Counselling Services



*Helping children, young people and their families restore harmony*

There's no denying that life can certainly be challenging at times. Even when children and young people enjoy the comfort and security of a loving home environment they may need extra support in coping with certain life situations.

Just like adults, young people experience an array of powerful emotions such as anger, confusion and frustration that may leave them feeling overwhelmed or bewildered. Young children in particular often struggle to verbalise their feelings so they tend to "act out" which makes parenting more difficult.

Likewise, the teenage years are fraught with a multitude of physical, psychological and emotional changes. For most of us this transitional period can be challenging enough on its own, so when life throws us a curve ball the journey to adulthood can feel overwhelming.

Whether you're a parent/care-provider, child or young person you don't have to go it alone.

At Northern Frontiers our counsellors can assist children and teenagers to manage their behaviour in ways that will ease emotional distress and help them get their needs met without harming themselves or others. Parents and care-providers can learn how to recognise indicators of emotional distress and develop more positive ways of coping. Family harmony can be restored.

Typical child and teenager (5 – 21 years) issues that a counsellor can assist with include:

- Adjusting to family separation
- Blended family issues
- Sibling conflict
- Child withdrawal
- Body image issues
- Poor self-esteem
- Child-parent communication
- Coping with family/parental conflict
- Peer pressure
- Sexuality
- Stress associated with school/work/exams
- Loss of friends or family members
- Bullying – online and in-person
- Anxiety and depression
- Self-harm or suicidal ideation

If you or your loved one is facing a difficult situation – or you feel troubled and are not sure why, contact Northern Frontiers today. Help is only a phone call away.

Pricing: Individual counselling sessions are \$110. Group sessions (2-3 people) are \$130

Confidentiality is assured except when information received requires notification to relevant authorities to protect someone from harm. Your counsellor will outline the limits of confidentiality during your first session.

## PROFILE



**Melinda Bailey**

- Senior Counsellor
- Family Dispute Resolution Practitioner
- Parenting Consultant
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 20+ years counselling experience working with people from a broad demographic across a wide range of life issues.

For further information call

1300 90 81 70 or our centralised appointment line 0419 531 269

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

[www.northernfrontiers.com.au](http://www.northernfrontiers.com.au)