

Northern Frontiers Mediation & Counselling

Individual Counselling



*something on your mind?
Caring is our Passion*

There's no denying that life can be trying at times. Mostly we like to manage things on our own but sometimes we need a helping hand – and that's okay.

Northern Frontiers offers a professional counselling service to help you work through the issues that you care about. Our Senior Counsellor, Melinda Bailey, is available to help you get to the cause of your concerns without telling you what to do. Melinda will help you develop your own solutions and coping strategies.

It may be that your own behaviour is somehow contributing to your unhappiness – counselling can help you view your concerns from a different angle or modify your behaviour for a better outcome...or it may be that you need to find constructive ways to deal with a situation that is beyond your personal control. With newly acquired understanding and skills you will be better-equipped to manage your issues. Life can be remarkably short and you don't deserve to live it feeling unhappy, worried or mistreated.

To enquire or make a booking please email reception@northernfrontiers.com.au or call 1300 90 81 70. Northern Frontiers Counselling Service is governed by an ethical code that ensures confidentiality and a high level of experience and professionalism in helping you navigate your way through a wide range of life issues such as:

- Family & Relationship Difficulties
- Relationship Breakdown
- Communication
- Grief & Loss
- Managing your Anger
- Self-esteem
- Life's Transition - (Relocation or Change in Relationship/Employment Status)
- Decision-making
- Stress Management
- Burnout
- Bullying

A standard 50min session is \$110.00 and these can be completed in-person at our Cairns North offices, or via phone or videochat (Facetime, Skype, Zoom etc) from the comfort of your home. We can normally see you within 3 – 5 business days, and sometimes sooner if we have late cancellations. Please let us know if your matter is urgent.

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.

CALL:	1300 90 81 70
EMAIL:	reception@northernfrontiers.com.au
WEB:	www.northernfrontiers.com.au