



Phone & Videochat  
or Face-to-Face

# Northern Frontiers Individual Counselling 2024 Brochure



*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 Services Cairns offers a professional counselling service to help your work through the issues that are impacting your life, or those around you. Our experienced counsellors are available to help you to get to the cause of your concerns without lecturing you in what to do. The focus is on assisting you to 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.

Northern Frontiers Counselling Cairns provides confidentiality and a high level of experience and professionalism in helping 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

Clients have a choice of a 25 minute session for \$70.00, or a full 50 minute session (via phone, video or face-to-face) for \$140.00. 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.

CALL:	1300 90 81 70
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