Services include:

- Individual, couple and family counselling
- Trauma debriefing
- Home visits or phone sessions for the frail or isolated
- Community education
- Advocacy
- Secondary consultation to external agencies or practitioners
- Referral to external agencies
- Group workshops (build healthy relationships and learn preventative strategies):
  - Pre-marital preparation and relationship education
  - Parenting skills
  - Communication skills
  - Building self-esteem
  - Stress management
  - Mindfulness and meditation

Issues that can be addressed through counselling:

- Relationships
- Family conflict
- Grief and loss
- Anxiety and/or depression
- Parenting issues
- Addictions
- Stress
- Separation and divorce
- Family violence or abuse
- Holocaust trauma
- Post-traumatic stress
- Life transitions
- Isolation and loneliness
- Carer challenges
- Coping with migration

If you'd like more information or wish to discuss your needs, please contact us:

Jewish Care (Victoria) Inc
619 St Kilda Road
Melbourne Victoria 3004

Telephone (03) 8517 5999
Facsimile (03) 8517 5778
Email info@jewishcare.org.au
www.jewishcare.org.au

Our Values
חסד **chessed** *kindness*
משפחה **mishpacha** *family*
דרך ארץ **derech eretz** *respect*
צדקה **tzedakah** *charity*

JewishCare
My Community. My Choice.

Counselling and Case Management

JewishCare
My Community. My Choice.

How Counselling Can Help You

If you are dealing with a difficult situation, problem or concern, Jewish Care counsellors can help you to understand the issues you are facing and gain clarity, insight and strategies to manage these.

Although everyone has their own coping strategies to manage life's challenges, at times it's helpful to access additional professional help.

Our qualified counsellors can help you to find new ways of handling problems.

Counsellors can assist individuals or families with personal development, life crises, transitions, anxiety, depression, grief and loss, parenting challenges, relationship conflict and much more.

Our counsellors understand the issues facing people in the Jewish community and will work together with you in a safe, professional and relaxed environment.

All interactions will be characterised by compassion and confidentiality.

Talk to Someone Who Understands

Jewish Care staff have qualifications in counselling, psychology, social work and family therapy. They speak a range of community languages and are familiar and respectful of Jewish spiritual and cultural considerations including migration issues, religious observances and the impact of Holocaust trauma.

Referral and Other Support

Jewish Care counsellors can assist with advocacy and referrals to other services. They also consult and partner with other professionals and agencies involved with Jewish clients.

Who is Eligible

Jewish Care's counselling service is available to anyone in the Victorian Jewish community. We support individuals, couples, carers, young people, families and seniors.

Cost of Service

Fees are based on ability to pay.