



*Jane Johnson*

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Jane does not believe in giving in; problems are opportunities and every day is a chance to make a difference.

Following a breakdown in 2001 brought about by stress and overwork, Jane has had first hand experience of how we can drive ourselves into ill health.

She has spent eight years studying counselling and mental health support and now provides classes in communication skills, behavioural management and stress management. She also works closely with the Australian Institute of Professional Counselling (AIPC) providing seminars, clinical experience and assessments for AIPC Counselling Diploma Students.

### Affordable counselling for

- ◆ Individuals
- ◆ Pre-marital Counselling
- ◆ Relationship/family issues
- ◆ Grief and Loss
- ◆ Coping with anxiety and depression
- ◆ Parenting
- ◆ Personal Growth
- ◆ Stress Management

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Counselling  
Corner –  
When you  
need some-  
one to listen



## *When we need someone to listen.....*

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### **We all experience challenging times.**

Especially in this fast paced world, sometimes we need to reach out for that little bit of support, that pat on the back that tells us we are doing okay.

Most of the time our family, friends and colleagues provide this support – but, if we need more support at times, it's good to know that there is someone who can help.

## *When to reach out*

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No matter how strong, hard working, open or loving we may be, life events can shake our world around.

Sometimes it is not a major issue, but a feeling inside as if something is missing.

You may have a craving to understand more about life and your potential.

You may need help getting through a period of grief and loss.

You may be battling stress, or getting over a relationship that did not work out.

You may be struggling with parenting, relationship or family issues.

Perhaps you are trying to cope with anxiety and depression.

## *Client Focus*

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At Counselling Corner we help clients to discover their own solutions through therapeutic counselling in a safe, non intrusive environment.

Individual, Couples and Family Counselling sessions are available, with telephone follow up if required.

Session recordings available at no extra cost.

*At Counselling Corner, the focus is on the Client.*

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