



Our Services

The first step for many people is asking for help. The good news is, we have counsellors ready for you at all times of the day, even weekends.

Areas we can provide help include:

- Men's mental health
- Women's mental health
- Self Esteem
- Relationships
- Divorce
- Cultural transition
- Trauma and Abuse
- Health and Fitness
- Educators
- Teenagers

About Us

Welcome to Orange Counselling and Coaching, where we provide a safe space and dedicated time for you to heal and grow.

We offer personalised counseling and coaching services both in person and online, helping individuals find clarity, support, and self-discovery no matter where they are.

Discover a brighter future with us.

Contact

(02) 6362 7715

ocandc.com.au

admin@ocandc.com.au



Professional
Counselling and
Coaching



Dan Benton
Counsellor/Coach

Dan has been helping and coaching people for over 17 years. His focus lies in nurturing self esteem and self confidence. With a compassionate approach, Dan is a counsellor who is committed to empowering individuals.



Oxana Davydova
Counsellor

Oxana, a counselor with global experience, brings diverse cultural insights to her counseling in Australia. Her background in teaching helps her understand teenagers and those in the education sector.



Lucia Labin
Counsellor

Luica is a bilingual Spanish and English-speaking counselor with a holistic counseling approach. Her intelligence and dedication shine through as she empowers clients to build self-belief. Luica's focus on holistic well-being make her a compassionate counsellor.

Our Team




Kirt Hines
Counsellor

Kirt, an accredited counsellor with a background in business ownership and the beauty industry. She uses her extensive experience working with women to guide them in discovering their authentic selves, addressing needs, values, and healing trauma.




Kat McMartin
Counsellor


Katharina, a devoted counsellor, offers a safe space for individuals to explore thoughts and experiences. With experience in corporate settings, she understands work-related pressures. As a mother of two, she empathises with the unique mental load carried by mothers.

 **Expert Team of Counsellors**


Orange Counselling and Coaching boasts a diverse team of qualified and experienced counsellors who deal in various areas of mental health.

 **Client-Centered Approach**

We prioritise a “the client is the expert” in our approach to therapy, and are committed to providing a safe environment for our clients.

 **Coaching Options**

We offer various methods for improvement including fitness coaching, self image, mentoring, career advice and cultural transitioning.

 **Welcoming and Confidential Environment**

Our space is designed to be a safe and confidential where you can feel comfortable exploring and addressing your mental health challenges without judgment. Available in person or online.

 **Mary Gallagher**

Ring Mary, our experienced practice manager. With a wealth of expertise, Mary is here to assist with inquiries, bookings, and any other concerns you may have.