

SJS Music and Counselling Services



Counselling...

Rates:

- \$75 per hour

Specialising in anxiety, depression, trauma, emotional regulation.

Sarah counsels from the Redefine Life clinic in Boronia as well as her studio in Upwey.

Piano and Guitar Lessons...

Rates:

- \$30 half an hour
- \$60 for an hour

Piano - Classical, rock, blues, jazz, modern

Guitar - Rock, basic jazz, modern

Music Theory - AMEB standard

Songwriting - Chord progressions, lyrics, etc

Sarah teaches from studios Ringwood East and Upwey.



Music/Art Therapy...

Sarah also uses art and music therapy in counselling to help clients process emotions and trauma. Art, music, poetry and songwriting can be very useful in allowing clients to access deep strengths in themselves in order to heal.

More Information...

Ph: 0488 666 838

**www.sjsmusicandcounselling.com.au
enquiries@musicandcounselling.com.au**