



birkdale baptist church

# Counselling Centre

## HOW CAN WE HELP?

Birkdale Baptist Church Counselling Centre offers a professional service to people who require assistance to work through challenges such as grief and loss, depression, anxiety, trauma, addiction, self esteem issues, relationship issues, abuse and stress.

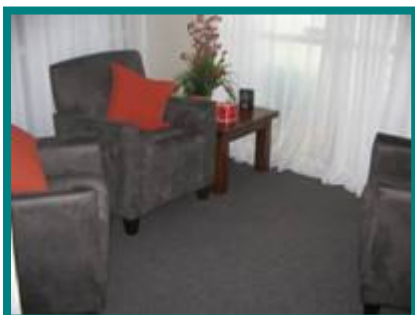
The Birkdale Baptist Church Counselling Centre is open to anyone in the community. While the Counselling Centre operates from Christian values, the staff of the centre are committed to respecting the beliefs of those seeking help.

Our aim is to offer an affordable service while still maintaining a high level of professional care. All Counsellors at Birkdale Baptist Church Counselling Centre have completed tertiary study or are in the final stages of a study program. All our Counsellors participate in regular supervision and continue to undertake training and engage in professional development.

## COUNSELLING CENTRE DETAILS

### Confidentiality

What you disclose in a counselling session will be held in confidence by your counsellor except where harm to you or others is likely.



### Appointments

Most appointments are during business hours however some evening appointments are offered. Please be aware that evening sessions are in higher demand and may require a longer waiting time to obtain.

Information Sheet

Appointments can be made by phoning the church office (ph 3245 1781) between 9.00am and 12.00noon Monday to Friday.

Please advise if you are unable to attend the session set aside for you as this enables someone else to access our services.

### Costs

It is requested that you contribute of \$40 per counselling session. Please bear in mind that a session with a counsellor in private practice could cost as much as \$100 an hour. If the recommended contribution creates difficulty for you please feel free to discuss this with your counsellor.

### Concerns

We are committed to providing a professional service and we value your feedback. If you have any concerns, please contact the Director of the Counselling Centre. (Ph 3245 1781).

### Crisis Counselling

Birkdale Baptist Church Counselling Centre does not provide crisis counselling. If you need urgent assistance for a crisis situation you may wish to contact one of the following

- A pastor at Birkdale Baptist Church through the church office (ph 3245 1781)
- Lifeline phone (ph 13 11 14)
- Salvation Army Care Line phone (ph 1300 363 622)



In the event of a medical emergency contact your local doctor or the emergency department of the nearest hospital.

### Street Address:

1 Jones Road,  
Birkdale Q 4159

For Appointments Ring the Church Office and ask for a counselling appointment

Phone : 3245 1781  
Office Hours: 9am–12noon  
Monday - Friday

