

Why Avenue Counselling?

- Highly trained and experienced counsellors
- Friendly, warm and easily approachable counsellors
- Work aimed at minimising recovery time and at long term results
- Bespoke counselling services depending on your requirements
- Home visits
- Counselling over Skype
- Telephonic counselling
- A promise of confidentiality
- Reasonable and flexible pricing models
- Transparency and clarity in fee structures

What we need from you

A strong drive to get better and a desire to lead a happy productive life.

We help you love your most precious possession – your life!

Reach us on
info@avenuecounselling.com.au
to get on the path of leading a productive life.



We give you life changing solutions for a brighter, happier and more productive life.

Strength. Freedom. Abundance.

**Consultation by
Appointment
0411 164 630**

Home Visits • Video & Teleconferencing • Personal Meetings

Avenue Counselling Services

Avenue Counselling is a support system that helps you fight and overcome emotional and psychological problems in life.

According to studies, one in five Australians experiences some kind of emotional, mental or psychological issue that necessitates medical treatment.

Make sure that you are not among the affected.

We believe that every person has the mental strength to overcome problems. Sometimes, though, other external factors subdue this strength. In such instances, you need a little push so that you can cross that one extra mile. Avenue Counselling is in service to give you that little extra push and help you live a wholesome life.

If you find yourself unable to cope with the challenges that life throws at you, all you have to do is contact us and we equip you with skills to overcome hurdles.

*You can sculpt a beautiful life;
we help you find your sculpting tools.*

Our Mission

To help people:

- Live an emotionally and psychologically satisfying life
- Adapt to different situations in life
- Avoid being bogged down by trying times
- Handle emotional issues independently
- Come up with long lasting solutions for problems in life

Our Vision

To create a society where people can resolve their emotional issues independently and live a life of excellent quality.

*We are never in “business”;
we are always in “service”.*

Our Services

*The power is within you; we help you realise,
understand and tap into your inherent emotional
strength.*

Loss and Grief Counselling – Mourning is a powerful defence mechanism as long as it does not overpower the griever. We use different approaches to coax grieving people back into the mainstream of life and embrace their existence with renewed vigour.

Workplace Counselling – Stress at the workplace can push you into mental, emotional, psychological and physical problems, which in turn affect your relationships and personal life. Whether you are overwhelmed by stress, are unsure about dealing with problematic colleagues or are bogged down by a dominating boss, we can help you find solutions and help you overcome your workplace related problems.

Careers Counselling – You don't have to feel like a square peg in a round hole. We help you understand your inherent skills and talents so that you can choose a career that can stimulate your natural abilities. In the long run, a career you love and relate to forms the foundation of an extremely satisfying life.

Relationship Counselling – Relationships are important, albeit confusing and frustrating at times. We help people cherish the good things about their lives, accept their limitations, and make their relationship work. We offer counselling for all relationships, be it between married couples, homosexuals or those in live-in relationships.

Abuse Counselling – We provide counselling depending on multiple factors such as nature of abuse, age, background and social status of the victim. We then come up with counselling programs that not only erase wounds, but also empower you with skills so that you can stand up against any kind of abuse you might face in the future. We aim at long term results rather than providing temporary solutions.

Addictions Counselling – We adopt a systematic step by step approach to help addicts deal with their addiction. The process involves helping people accept their addiction, learn ways to overcome it and empower themselves with ways to prevent a relapse in the future. Whatever the addiction you want to recover from, we at Avenue Counselling can help.

Consultations

Whenever you are in need of a helping hand to get across a rough patch in life, all you have to do is drop us a call. We fix an appointment at a time that is convenient to you and at a place of your interest.

Our biggest concern is your state of mind. So, if you are more comfortable talking to us at your home or in a park nearby, we come over to the place of your choice to talk with you and help you in whatever way we can.

You do not have to come to us on referral. We accept clients directly as well.

Ultimately, life is all about being able to live with dignity and confidence. But every once in a while, one tough stumbling block disturbs your balance and you find yourself thrown off course. If you find yourself in a situation where you are unable to find your way back into life, do get in touch with us.

*Empowering you to break your emotional
barriers and live a free life!*