

# Counselling



**iosis.**

Transforming family life  
for good

A place to work through the beliefs  
and emotions that can help or hinder  
our personal journey.

[www.iosis.org.nz](http://www.iosis.org.nz)

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## About Counselling

Counselling services include one-on-one, couples, children, teens and adults.

## Issues covered

- Anger – identifying the source and developing coping strategies
- Behavioural issues
- Grief and loss – support and understanding
- Goal setting – strategies for achieving what you want
- Relationships – understanding yourself and others
- Abuse – in childhood or as an adult
- Confidence – finding a strong sense of personal identity and purpose
- Family violence
- Alcohol and drug difficulties

## Cost

Counselling is free.

## Referrals

Referrals can be made by anyone – self, family, doctors, lawyers, social workers, Oranga Tamariki, RTLBs.