

Counselling & Family Therapy

iosis.

Transforming family life
for good



A place to work through the beliefs and emotions that can help or hinder our personal journey. This can involve working together as a couple, family and with children.

www.iosis.org.nz

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About Counselling & Family Therapy

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

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.