



During this time, it's important to recognise the seriousness of the public health challenge facing our community, *and* understand it's normal for people to experience a wide range of thoughts, feelings and reactions including feeling stressed or overwhelmed, anxious, apprehension about going to public spaces and feeling disconnected from those we love. These experiences are all understandable in the face of this significant challenge.

Wagin Baptist Counselling Service is offering free counselling to anyone in our community who is struggling during this difficult time.

I have a Masters in Counselling through Curtin University and 6 years' experience, and offer both Christian Counselling, and Counselling and Psychotherapy. I am fully insured and all sessions are strictly confidential.

I am currently seeing clients via the phone or Zoom.

Please do not hesitate to call if you are struggling, we all struggle sometimes.

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