



Men & Family Counselling are the family relationship specialists.

**We support men, women,
couples, children and families
who are experiencing difficulties
in their lives to gain new skills
and deal with their situation
more effectively.**



Counselling services are provided by Simon Santosha, a highly qualified clinical mental health social worker and counsellor with more than 18 years of clinical experience. He has specialist expertise in working with men and families dealing with relationship issues, separation, divorce and co-parenting.

For more information or to make an appointment contact:

Simon Santosha
B.Soc.Sci (counselling); B.Soc.Wk
AMHSW MAASW

PH: (07) 5559 1303

Fax: (07) 5559 1839

Mobile: 04111 44519

E: simon@menandfamilycounselling.com.au

We are located at:

Mudgeeraba Professional Centre
Suite 5, Building A (A5)
50-54 Railway St Mudgeeraba Qld 4213

www.menandfamilycounselling.com.au



Feeling stressed or angry?

**Experiencing conflict in
your relationships?**

**Need support for your
child or family?**

www.menandfamilycounselling.com.au



Men's counselling

Having a chat with another bloke about your situation can really help. The types of issues that men often come in about include:

- anger and frustration
- anxiety and depression
- feeling disconnected or isolated
 - relationship issues
- dealing with separation/divorce and the loss of day-to-day contact with their children
 - conflict with their ex-partners
- co-parenting and fathering issues
 - mid-life transitions.

Men & Family Counselling isn't just a service for men.

Other services include:

- **Couple counselling** (skills and strategies to resolve relationship challenges and improve relationships)
- **Focused psychological strategies for mental health issues** (depression, anxiety, grief and loss, trauma, PTSD)
- **Women's counselling.**

Medicare rebates are available for individual counselling if you have a referral from your GP and they have completed a Mental Health Care Plan for you.



Child, Adolescent and Family Therapy

We have a dedicated child and adolescent therapy room designed to accommodate children and young people. Services include:

- Individual counselling for children and adolescents aged 4 and upwards (mental health issues, grief/loss, parental separation, emotional regulation, bullying, anger and conflict).
- Parenting sessions to help deal with challenging child behaviours, parenting difficulties, family conflict and dealing with teenagers.
- Family therapy sessions to address child and family relationship issues, separation/divorce, co-parenting arrangements, step and blended families.