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| **BETTER PLACE AUSTRALIA** |  |

510 Ballan Road (co-located with IPC Health), Wyndham Vale, Vic 3024

Tel: (03) 9355 4700 Monday-Thursday (late Thursday)

Website: [www.betterplaceaustralia.com.au](http://www.betterplaceaustralia.com.au)

Better Place Australia is there to support Victorians during their times of struggle. It’s there when people are feeling alone, exposed, vulnerable, wondering how to navigate their way through their life’s problems.

**By working alongside people Better Place helps build resilience and resolve difficult personal situations, be it emotional or financial.** Our purpose is to assist people through some of the difficult times of their lives and help them to move on, with better skills to deal with any future challenges, strengthened by positive changes.

**We help people to:**

* Resolve and reconcile problems through mediation and dispute resolution services
* Strengthen relationships through counselling services
* Work through mental stress issues with supporting psychologists
* Overcome financial difficulty through financial counselling services
* Learn how to understand relationships, people and themselves better through education programs.

The dedicated practitioners here at Better Place Australia work with individuals, couples and families at every relationship transition stage: budding, building and waning.

We put children first. We know that when the unique needs, concerns and preferences of a child are considered outcomes are more sustainable, better respected and much more satisfying for all.

Our services are **effective**, **confidential** and, as a not-for-profit organisation, **very affordable.**

**What does it cost?**

The cost of some services is partially funded by the Federal Government. The balance is covered by minimal fees which are based on a sliding scale. We discuss this with you prior to counselling but we do not refuse our services to those who can demonstrate a genuine inability to pay.

Bulk billing may be available under a GP referral through a Mental Health Care Plan.

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| **BETTER PLACE AUSTRALIA**  **Children and Youth Counselling** |  |

510 Ballan Road (co-located with IPC Health), Wyndham Vale, Vic 3024

Tel: (03) 9355 4700 Monday-Thursday (late Thursday) or 1800 639 523

Website: [www.betterplaceaustralia.com.au](http://www.betterplaceaustralia.com.au)

Better Place Australia is there to support Victorians during their times of struggle. It’s there when people are feeling alone, exposed, vulnerable, wondering how to navigate their way through their life’s problems. For this reason, Better Place Australia offers child and youth counselling.

Many children and teenagers benefit from the opportunity that counselling offers to make sense of change of school, family conflict, loss and grief, peer pressure or puberty, children and teens can face a myriad of issues.

**Who is eligible?**

We see children and youth between the ages of 5 to 18.

To eligible for this low cost service you need a General Practitioner referral with a Mental Health Plan.

**Why access counselling for children?**

Children and young people can be helped through counselling to be able to:

* Express their feelings in a safe place and manage strong emotions such as blame, guilt and anger
* Learn how to express themselves and relate positively to others
* Understand their family and friend relationships as they are now and how they change
* Use a range of age-appropriate coping skills
* Develop resilience and improve emotional stability.

**How do the sessions work?**

We use a range of counselling styles depending on the age and issues of the young people concerned.

After we spend time assessing the child’s needs, we will arrange the service best suited to the child. This could be in one of four areas provided here at Better Place Australia.

Individual Counselling sees children working one on one with one of our trained counsellors in a safe environment. Techniques used throughout this session could be in the form of drama, play, storytelling and drawing.

**What does it cost?**

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