

## DO I NEED HELP WITH MY GRIEVING?

Everyone grieves differently and in their own time.

It is perfectly normal to experience anger, sadness, guilt, denial, frustration and even relief.

If you answer yes to one or more of the following you will find talking to a professional grief counsellor helpful.

- Are you overwhelmed?
- Do you need someone to talk to that is not family?
- Are you feeling confused with how you are feeling?
- Are you coping with day-to-day chores?
- Are you wanting to harm yourself or others?
- Are you unable to stop crying?
- Do you feel uncontrollable rage at times?
- Are you worried about your thoughts or behaviour?

Contact us to see how we can support you on your journey of grief



Each counsellor is available at different times throughout the week at various locations.

When you phone your preferred counsellor please discuss which location would work best for you.

Any enquiries about our service please get in touch with Joy  
489-6308 ext 703  
joy@etchurch.co.nz

**Physical address:**

12a Cemetery Road  
East Taieri,  
Mosgiel 9024

www.etchurch.co.nz



## TURNING POINT GRIEF CARE

*A listening ear*  
SOMEONE WHO CARES

PROFESSIONAL - AFFORDABLE

## **OUR COUNSELLORS:**



**Paul:** (BA, Grad Cert Ed, Adv Dip Therapeutic Counselling, Dip Nursing (MH), is a registered Mental Health Nurse and Counsellor (NZAC/BACP accredited). He has had additional training in Supervision, Psycho-dynamic Psychotherapy, CBT/DBT & ACT. Paul has experience in working with trauma and abuse as well as common mental health problems, & stress management. He offers both clinical/professional supervision and ministry/spiritual supervision.

**Contact:** 476 1462 / 027 233 3597

**Email:** [carling.reet1@gmail.com](mailto:carling.reet1@gmail.com)



**Elaine:** BA (ED) BSS (counselling), Adv Cert Alcohol and Drug Studies, Psychotherapy [theory] Ashburn Clinic. Motivational Enhancement Treatment, PCC, TA & Supervision. A reg member of NZAC and DAPAANZ. Worked in Mental Health, SDHB Community Alcohol & Drug Service for past 15-years. Experienced in couples counselling, individuals of all ages, mental health, relationships, grief & loss, sexual abuse, & self-esteem issues. Elaine offers both clinical/professional supervision and ministry/spiritual supervision.

**Contact:** 489 7581 / 021 166 1509



**Deborah:** B.Sc., Psychology., PG Dip. Counselling. Trained in Narrative CBT & Group Work with additional Bicultural Training - Tangata Whenau & Tangata Tiriti. Provisional Member of NZCCA.

Deborah has experience in individual Counselling in a variety of areas including trauma, grief care, depression & anxiety, self-esteem, burnout, relationship issues & working with High School Students.

**Email:** [debtaylor898@gmail.com](mailto:debtaylor898@gmail.com)

**If you are dealing with the loss of a loved one and feel that despite their best efforts friends and family do not understand, we have counsellors who can help**

**We see people from any faith and non-faith background**

We are trained to listen, support you, and help you to find ways to deal with your loss

It does not matter how long ago you had your bereavement — sometimes grief revisits when we least expect it

Turning Point Christian Counselling has a Team of experienced counsellors who have been providing professional and affordable counselling to people in Mosgiel and Dunedin since 2005

## **WHAT DOES IT COST ?**

50 Minute Appointment

\$60.00

- Please pay in cash at your appointment
- No eftpos available
- Work and Income subsidies may be available please discuss with your GP who is able to refer you

## **HOW MANY SESSIONS WILL I NEED?**

Often one or two appointments are all that is needed. Some people may benefit from a longer time of support

Your counsellor will be able to give you an indication of the number of appointments required after your first session

Counselling help with other issues is available from Turning Point Christian Counselling at East Taieri Church

<http://www.etchurch.co.nz/ministries/counselling>