

Counselling with Cherylne

Cherylne offers calm, practical counselling for individuals, couples and families. She brings more than 30 years of experience to her work and is recognised by MACA. She can help when life changes, stress or family issues feel hard to manage.

Cherylne is respectful, warm and practical. She uses counselling approaches that are based on evidence. She supports people who are dealing with big life changes, family stress, anxiety, workplace stress, ADHD, autism or other support needs, and very stressful situations. Together, you can talk about what is happening and choose small next steps.



Cherylne can help with

- Stress, anxiety and big life changes
- Family change, including separation, divorce and changes at home
- ADHD, autism and other support needs for individuals and families
- Crisis support and support after difficult or traumatic experiences

Location Building 28, Uni of Canberra, Bruce Ochre Health Medical Centre Bruce Level B Phone: (02) 6180 8500 Bookings: Ochre Health / HotDoc Children under 12 need to come with a parent, carer or family member.	Good to know Free 15-minute phone call: email Cherylne.counselling@gmail.com to book. New clients can ask questions and learn about Cherylne’s counselling approach before making an appointment. Availability Cherylne is taking new clients. Saturday appointments are available at Ochre Health.
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I understand, sometimes you think you are on solid ground – only to have everything shift