

Counselling with Cherylne

Calm, practical support for individuals, couples, and families navigating change, stress, and family transitions.

Overview

Cherylne is known for her respectful, evidence-based approach to counselling. She offers a supportive space for people experiencing significant life changes, family pressures, anxiety, workplace stress, neurodiversity-related needs, or high-stress environments. Her approach is warm, practical, and focused on helping clients make sense of what is happening and identify manageable next steps.

Support may include

- Life transitions, stress, and anxiety
- Building systems to support individuals and family dynamics- including separation, divorce, and family change
- ADHD, ASD, and neurodiversity support for individuals and families
- High-stress, crisis, and trauma-informed support

Pricing

Location	Good to know
Building 28, Uni of Canberra, Bruce	Free 15-min phone call booked via Cherylne.counselling@gmail.com
Ochre Health Medical Centre Bruce Level B Phone: (02) 6180 8500 Bookings: Ochre Health / HotDoc	New clients can ask questions, and get a sense of the counselling approach prior appointment.
Clients under 12 need to be seen with a family member	Availability Current intake availability is open. Saturday sessions are available upon request @ Ochre

Standard 50-60 Minute session \$150

Families / Relationships \$200

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*NDIS / Concession / Student rates are available on application