TurningPoint Support Centre Details:

Open: Fridays 10am - 3pm
Appointment will take approx. 30 minutes.
Address: 1785 South Gippsland Hwy, Cranbourne 3977
Contact: 03 5996 3048
Parcels: One parcel given on application.
On-going extra support by appointment only.

Who makes this possible?
The food parcel emergency relief program of TurningPoint Support Centre is made available by the generous support of:

1785 South Gippsland Hwy, PO Box 5422
Cranbourne Vic 3977
Phone: 03 5996 3048 Fax: 03 5996 4408
Email: church@turningpoint.asn.au
www.turningpoint.asn.au

TurningPoint Support Centre is a department of TurningPoint Family Church

Counselling

What is counselling?
Counselling is a unique opportunity for people to explore areas of concern within their life, family or relationships. TurningPoint Support uses the Christian Counselling model which is a blend of Psychology, Spirituality and Theology. It uses proven methods such as cognitive work, education and self-discovery to assist people to resolve issues, rebuild relationships and cope more readily with the tasks of everyday life.

Who is Counselling for?
Everyone can benefit from counselling. We all need help at some time of our lives.

Is Counselling Confidential?
Yes. The only exception to this is where there is a risk of harm to self or another. Your counsellor will discuss this with you.

Counselling Issues

- Relationships
- Marital Issues
- Children & Adolescents
- Grief, Loss & Divorce
- Low Self Esteem
- Addictions
- Personal Development & Goal Setting
- Spiritual Issues
- Family Therapy
- Sexual, Physical & Emotional Issues
- Anxiety & Guilt
- Stress & Depression
- Anger Management
- Family Violence

Are the Counsellors equipped to help me?

Counsellors are professionally trained, or currently in training and are committed Christians actively involved in a local church.

Their work is supervised by qualified counselling supervisors on a regular basis.

The centre has high ethical standards to which the counsellors adhere.

Counsellors will refer clients to other support agencies when necessary, for the best interest of the client.

Does TurningPoint offer any other services?

Yes. Currently the following services are available.

Life Skills Seminars such as Parenting, Marriage, Communication and Boundaries are run from time to time. Call the centre for details.

TurningPoint Support Centre operates weekly for those in need of practical assistance. Appointments can be made by phoning the centre.

Can you choose a counsellor?
You can request a particular counsellor, however, the Centre Coordinator will decide this due to such things as availability and expertise etc.
How much does the Counselling cost?

**Standard Rate:**
- Single $40
- Couple $50
- Family $55

**Concession Rates:**
Students, Healthcare Card, Pension Card
- Single $30
- Couple $40
- Family $45

**What you will need to know about making appointments?**

Appointments are necessary and are made by phoning the centre.

Payments are to be made before each session. If you are having difficulties paying the scheduled rate, your counsellor will be able to discuss options with you.

Appointments that are cancelled with less than 24 hours notice may incur the full fee.

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**TurningPoint Support Centre** provides food parcels and emergency relief to help local families in a very practical way.

This program is conducted from the Turning Point Family Church premises and operates on a weekly basis.

There is also the opportunity to sit and enjoy a relaxed atmosphere with tea and coffee and something to eat, before and after the interview time.

Those who attend will be welcomed with respect and the appropriate confidentiality.

**TurningPoint Support Centre** offers help with: food parcels, counselling, budgeting and referrals to other support agencies.

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