
*The Adolescent and Family
Counselling Program provides
a range of services to families
with children and
adolescents (9-18 years)
requiring support, advocacy,
counselling and/or referral to
meet their unique assessed needs.*

Jesmond Neighbourhood Centre;

- ▲ Is central to the local community
- ▲ Is easily accessible for people who have a disability
- ▲ Plenty of parking available

To enquire please contact:

44 Mordue Parade
Jesmond NSW 2299
Admin: (02) 4979 8555
Fax: (02) 4951 4035
www.jesmond.org.au

The centre is open from

10am to 3pm
Monday–Friday
(counsellors are available 9am-5pm)

Funded by



Jesmond Neighbourhood Centre

*In the belief that together
we make a difference*



Adolescent & Family Counselling

(02) 4979 8555
www.jesmond.org.au



What a Counsellor does:

Adolescent and Family Counsellors provide individual and relationship counselling. They are here to listen and confidentially support young people and their families to achieve positive change by:

- ▲ Providing a safe place to talk about issues & feelings
- ▲ Providing strategies to cope with family relationship issues
- ▲ Linking families/individuals to resources within their community
- ▲ Promoting and supporting the family as a functional unit wherever possible which may include positive parenting skill development
- ▲ Providing a preventative service before major problems develop
- ▲ Advocacy on behalf of adolescents
- ▲ Promoting emotional growth, independence and client self-determination
- ▲ Fostering healthy relationships between young people and their families leading to the young person staying in the family home or being restored to the family home if appropriate
- ▲ We are available to see young people within school hours or after school hours

What is an AFC?

Adolescent and Family Counsellors (AFC) provide free confidential counselling in a safe environment for young people aged 9 to 18 years and/or their families.

We support people with a wide range of issues including;

- ▲ Conflict at home
- ▲ Family breakdown
- ▲ Homelessness
- ▲ Personal issues
- ▲ Problems at school
- ▲ Challenging/at risk behaviours
- ▲ Drug/Alcohol related problems
- ▲ Mental Health issues
- ▲ Relationship difficulties
- ▲ Sexuality issues
- ▲ Abuse
- ▲ Out of Home Care
- ▲ Restoration

Referrals

Families and Young People can self-refer by calling the number below and we will always promptly return your call if you leave a message. The Adolescent and Family Counsellor's also accept referrals from a wide range of community sources.



To enquire please phone:

(02) 4979 8555

or go to the website: www.jesmond.org.au