

Social-Emotional Counselling



Do you need to talk to someone about your feelings or confidence?

Orana provides counselling to help people manage their feelings, as well as offering help in areas such as self-esteem, confidence, mindfulness and assertiveness.

Counselling is suited to people of all levels of literacy.

Who can participate? Anyone with appropriate NDIS funding. You can also self-fund if required.

Who delivers this training? Orana has Developmental Educators who will spend time with you individually to talk through your feelings and provide you with practical strategies.

When can this training start? As soon as you are available. Our staff can arrange a time that suits you.