

Privacy Information:

- ♦ Sandy's counselling is guided by the NZCCA counselling ethics.
- ♦ The information that you share with me will be kept confidential. The only exceptions to this will be if your safety or the safety of others are at risk, or if records are requested by a NZ Court of Law.
- ♦ When there is information that I believe is beneficial for parents to know, I will talk to the child about discussing this with them.
- ♦ As I believe that parents are the child's best answer, I am passionate about supporting them in their role— and at times working with the parent alone can be beneficial.



Emergency Number

0800 37 66 33

Youthline
Changing lives.

Who is Youth Alive Trust?

Youth Alive Trust was established in 1989 to support young people in New Brighton and surrounding suburbs. We aim to support young people holistically, socially, emotionally, mentally and spiritually through our programmes and our staff and volunteers.



1. **Weekly Clubs** Our weekly after school and evening clubs including: Boys Club (Years 1 - 6), Girls Club (Years 1 - 6), Basketball (Years 3 - 13), Kitchen Klub (Years 6 - 9), Craft Club (Years 6 - 9), Rock Solid (Years 7 - 8) and Surge (Years 9 - 13).
2. **School Youth Workers** Supporting the students in class, at lunchtimes, and through extra curricula activities at Rawhiti Primary, and South New Brighton Primary Schools; Avonside Girls and Shirley Boys High Schools (24/7).
3. **Holiday Programmes and OSCAR** We run three different holiday programmes, Years 1 - 4, 5 - 9 and Breakaway for Years 9 - 13. Also Senior OSCAR runs everyday after school for Years 5-8.
4. **Camps** We take youth on overnight and weekends away throughout the year, such as Easter Camp, Winter Camp, Famine Sleepover, AMPED Camp, Father Son Camp and Mother Daughter Camp.
5. **One to One** Counselling and Mentoring one-on-one with young people for relational support, goal setting and a lot of encouragement.
6. **Library Youthwork Support** in New Brighton Library everyday after school, on weekends, and school holidays.
7. **Community Events** Large community events such as the Skate Jam, I Love New Brighton, School Fairs, EPIC Dance Party & Sk8 Party, Engage Personal Development and our Family Fun Night.
8. **Parenting and Pre-school** Programmes and partnerships such as - Bump Antenatal Classes, Breast-Feeding Drop In, Space, Playgroups, Parenting Toolbox Courses, Tough Love, and Parenting Seminars.
9. **Amplify School of Music**, Lessons and Youth Bands, and music recording in our purpose build music rooms.
10. **Volunteer Training and Support** We recruit, train and encourage volunteers to work in their community, on events and programmes. We also host interns.

Child & Youth Counselling



Years 1 - 8



YouthAlive TRUST
Building Brighter Futures with Young People in New Brighton since 1989

What is Counselling?



- ◆ Sometimes life can be difficult and confusing. Counselling is a safe place to explore what may be happening in your life and try to make sense of it.
- ◆ It is a place where you are listened to, respected and have your feelings validated.
- ◆ It is about finding hope and new possibilities.
- ◆ Coming to counselling is a sign of strength.

Why might a person come to counselling?

People come to counselling for a wide range of issues including:

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|------------------|----------------------|
| ◆ Anxiety | ◆ Parent Separation |
| ◆ Grief and Loss | ◆ Stress |
| ◆ Depression | ◆ Friends |
| ◆ Issues at home | ◆ School issues |
| ◆ Bullying | ◆ Behavioural issues |
| ◆ Frustration | ◆ Attention Issues |

Who is the Counsellor?

Sandy Hitchens (B.Couns) MNZCCA.

Sandy is a qualified counsellor who specializes in working with children and their parents. She has had 8 years counselling experience including high school counselling and community counselling (adults, teens and children). She is Mum to four children and has had over 30 years experience of working with youth and children in a variety of different roles.



What does counselling look like?

- ◆ Underlying everything I do is respect, non-judgement and empathy for my clients. I have a strong focus on relationships.
- ◆ I work from a range of different modalities and aim to find the way of working that best fits my client and their experiences, e.g. talking, drawing, play therapy, sand tray, games, music.
- ◆ Sessions are usually between 30 – 60 minutes.
- ◆ Sessions are normally 1-to-1 but can sometimes be in small groups, or involve a parent.

How much does it cost individuals?



We recognise that counselling is often unaffordable for those who need it most.

Rawhiti Primary School are making counselling available FREE to students who need it most, for the benefit of the whole school.

Sandy also is available to meet with private clients outside of school, at a cost of \$65 per session.



How do I begin?

Appointments through Rawhiti School can only be made by completing the Referral Form and dropping it back to School Reception. Referrals may also be made by a school teacher or staff member, but families will be informed before any child meets with the counsellor. The school will then decide the priorities of the counsellor and make appointments according to time constraints.

For appointments out of school with Sandy...

Email: doorsofhopecounselling@gmail.com

Phone: 0221 351 537