

# Sandra Garnier



*Sandra is a warm and approachable counsellor who believes in people and their ability to overcome life's struggles to find a healthier and more peaceful way of living. She considers her counselling to be a collaboration between herself and her clients, accompanying them as a 'companion' along their journey to wellbeing. Sandra specialises in anxiety/depression counselling as well as relationship counselling and spiritual direction.*

*Underpinning Sandra's counselling is a Bachelor Degree of Social Science (Pastoral Counselling), as well as a Diploma/Graduate Diploma of Arts*

*Therapy. Sandra has over ten years experience of being the Community Counsellor in Frankston North.*

Cost: \$40.00 for the first visit and \$30.00 for all following visits.

We also offer Couples Counselling - Cost: \$50.00

Please ring the House for bookings or more information

Please note\*\*

We do not wish people to be excluded because of financial pressure, so please, talk to our Coordinator (in complete confidence) if costs are a problem for you.

*Sandra also facilitates our RED Group (Women's Support Group) on a Tuesday afternoon 1.00pm-3.00pm.*

