

## Sandra Wilson



*Sandra is a Counsellor and Dance and Movement Therapist. She is a person centred therapist who believes in creating the space for people to explore their feelings and emotions, enabling them to create changes in their lives with support and validation. She has extensive experience supporting people who are experiencing anxiety, depression, grief, trauma, relationship issues and other life events which are preventing them from moving forward. She is*

*creative in her approach, and assists her clients to empower themselves. Sandra holds a Bachelor of Arts (Humanities and Social Sciences), Diplomas*

*of Counselling and Family Intake Support Work and an ACCA Supervisor.*

*She is a member of the Australian Community Counselling Association.*

Cost: \$40.00 for the first visit and \$30.00 for the following visits. We also offer Couples  
Counselling – Cost: \$50.00

Please ring the house for 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 Steps to Wholeness - Anxiety and Depression  
support group on a Thursday afternoon 1.00 pm- 3.00 pm*





Erwil Street  
Community House Inc