



GREEK ORTHODOX COMMUNITY
OF SOUTH AUSTRALIA INCORPORATED
ΕΛΛΗΝΙΚΗ ΟΡΘΟΔΟΞΗ ΚΟΙΝΟΤΗΤΑ ΝΟΤΙΑΣ ΑΥΣΤΡΑΛΙΑΣ

Other Community Care Services

- ◆ Filoxenia Program
- ◆ Limani Dementia Day Respite Program
- ◆ Social Support Program
- ◆ In Home Support Services Program
- ◆ Carer Support
- ◆ Volunteering
- ◆ Home Care Packages
- ◆ Housing
- ◆ Emergency Relief

For further information contact the

Community Care Services

282 Waymouth Street
Adelaide SA 5000

T: (08) 7088 0500

F: (08) 8245 5586

Website: www.gocsa.org.au

*We rely on your feedback to improve our services
and welcome your comments.*

*To make a compliment, suggestion or complaint
contact us on the above information.*

COUNSELLING



Take Charge

Make a Positive Difference

Enrich Every Moment of your Life

USEFUL CONTACTS

Alcohol & Other Drug Information Service
1300 131 340

Commonwealth Carer Respite Centre
1800 059 059

Dementia Behaviour Management Advisory
Service (24 hr assistance) 1800 699 799

Domestic Violence Counselling & Support
1800 800 098 or 1300 782 200

Emergency Accommodation 1800 003 308

Guardianship & Administration Board
08 8368 5600 or country 1800 800
501

Lifeline (Crisis Counselling) 13 11 14

Mental Health 13 14 65

Mental Health Transitional Services
7425 6200

National Dementia 1800 100 500

Relationship Australia 1300 364 277

Shelter SA 8223 4077

What is Counselling?

Counselling offers opportunities for individuals, to explore and possibly change, various aspects of their lives and relationships.

The counsellor helps to open up communication, may offer suggestions without judgements, and assists people to find their own solutions.

Counselling:

- ◆ Works towards a positive outcome
- ◆ Assists with the resolution of difficulties
- ◆ Is an aid to strengthening personal issues & relationships
- ◆ Is a professional service which respects differences of belief, background and gender
- ◆ Is a process to assist people dealing with complex and significant issues in their lives.

Confidentiality:

All information provided is confidential.

When?

Counselling will be available to all members of the Greek community by a qualified Greek speaking Counsellor

every Friday

Contact Community Care Services for an appointment

on
7088 0500

A referral from your GP preferred

Open to all age groups

**HELPING YOU TODAY
FOR A BETTER FUTURE
TOMORROW**