

## BCHC & CCHC Service Directory

<p><b>Community Health</b></p> <p><b>Counselling &amp; Social Work BCHC</b></p>	<p><b><u>Eligibility</u></b></p> <p>Client must Live, Work or Study in the Boroodara municipality</p> <p>Preference given to concession card holders/ low income</p>	<p><b><u>Cost (per session)</u></b></p> <p>No charge concession card holders/ low and Medium income</p> <p>\$80 High Income (1 hr initial appt) \$40 ½ hr</p>	<p><b><u>Intake:</u></b></p> <p>Vicki Zola (Psychology) 03 9810 3083</p> <p>Martha Dimitrou (Social work) 03 9810 3064</p>	<p><b><u>Days appts available</u></b></p> <p>Mon &amp; Wed am</p> <p>Mon, Tues &amp; Wed</p>
	<p><b><u>Information</u></b></p> <p><b>Focus on supporting effective self-management in clients with chronic conditions.</b> Counselling and lifestyle coaching to clients presenting with chronic conditions including diabetes, depression and anxiety</p>			
<p><b>Social Work CCHC</b></p>	<p>Client must Live, Work or Study in the Boroodara municipality</p> <p>Preference given to concession card holders/ low income</p>	<p><b><u>Cost (per session)</u></b></p> <p>No charge concession card holders/ low and Medium income</p> <p>\$80 High Income (1 hr initial appt) \$40 ½ hr</p>	<p><b><u>Intake:</u></b></p> <p>Intake by Maria; leave messages with reception if necessary 03 9885 6822</p>	<p><b><u>Days appts available</u></b></p> <p>Tues, Wed, Fri</p> <p>Located at CCHC</p>
	<p><b><u>Information</u></b></p> <p>Interests in: Grief &amp; Bereavement, Anxiety, Depression, violence against women including domestic/family violence and sexual assault.</p>			
<p><b>Private Counselling</b></p> <p><b>Vicki Zola</b></p>	<p><b><u>Eligibility</u></b></p> <p>Clients who experience a range of psychological difficulties and who are interested in engaging in psychotherapy</p>	<p><b><u>Cost (per session)</u></b></p> <p>Negotiated with client depending on income</p>	<p><b><u>Intake</u></b></p> <p>Vicki Zola 9 810 30 83 0423 622 622</p>	<p><b><u>Days appts available</u></b></p> <p>Mondays pm Tuesdays am Thursdays Wednesday Saturday am</p>
	<p><b><u>Information:</u></b></p> <ul style="list-style-type: none"> <li>➤ Provide psychotherapy, group work and focussed psychological interventions to clients presenting with a range of difficulties including: Depression / Anxiety, Interpersonal difficulties, Stress management, Life/work transitions</li> <li>➤ Provide support to clients diagnosed with Type 2 diabetes or those at risk of developing the condition. Interventions are based on Chronic Condition Self – Management principles and aim to assist clients in making and maintaining positive changes in lifestyle.</li> </ul>			