

A message from Manda

I am very pleased to be here as the new Coordinator of Family Support. We will be continuing our work providing counselling, advocacy, groups and court support to families under stress in the Singleton area.

We are very excited to announce the beginning of a new service for Family Support: play therapy for children. During art and play therapy, a safe, confidential and caring environment is created which allows the child to play with as few limits as possible but as many as necessary (for physical and emotional safety). This allows healing to occur on many levels and encourages a child's natural trend towards health and growth. A variety of tools are used including art, imaginative play and story-telling. To make the service more accessible for children and others our new opening hours are:

Mondays: 9am – 3.30

Tues-Thurs: 9am – 5.00pm

Fridays: closed

Art and creative therapies is not just for children – it can provide personal growth and insight for adults too.

The Tool Kit	
<i>Creative Visualisation</i>	
<i>Therapeutic Story Telling</i>	
<i>Drama - role play</i>	
<i>Puppets & Masks</i>	
<i>Sand Tray / Sand Worlds</i>	
<i>Art - drawing</i>	
<i>Music</i>	
<i>Dance & Movement</i>	
<i>Clay</i>	