



FREE TELEHEALTH COUNSELLING SERVICES



DO YOU HAVE CONCERNS ABOUT YOUR CHILD'S WELLBEING, BEHAVIOUR OR SOCIAL SKILLS?

Learning Links is offering free counselling for parents of students attending Punchbowl Public School. Parents will be able to contact a Learning Links provisional psychologist by phone or online via Zoom to receive support for a range of concerns.

Some children have challenges with social, emotional and behavioural development which can impact on a range of areas including learning and friendships.

Our professionals can help to address concerns such as:

- School performance
- Anxiety, depression, stress and low self-esteem
- Poor social skills
- Difficulties making transitions
- Parenting and relationship issues
- Dealing with family separation and divorce

PHONE SESSIONS

Shumaila will be available for individual counselling sessions to address urgent concerns via telephone on Tuesdays and Wednesdays.

Time: Tuesday and Wednesday, 9am - 3pm

Contact Number: 0433 822 836

ONLINE SESSIONS VIA ZOOM

Shumaila will be available for drop-in group counselling sessions via Zoom on Wednesdays.

Time: Wednesday, 11am - 12pm

Link: <https://zoom.us/j/7698529591?pwd=NnhqZ3VqcCs4OGhSeXZhOFFNWTZrQT09>

MORE INFORMATION

For more details about family counselling, contact Shumaila or our Customer Care team.

 **Call 1300 003 900**

 **Email skhan@learninglinks.org.au**

 **Visit www.learninglinks.org.au/counselling**



YOUR LEARNING LINKS PSYCHOLOGIST

Shumaila Khan

Shumaila Khan is a Learning Links provisional psychologist. She attends Punchbowl Public School on Tuesdays and Wednesdays to provide counselling services to students.

