

# Youth Counselling



## 6 FREE SESSIONS

### ADOLESCENCE CAN BE A CHALLENGING TIME

- PEER PRESSURE
- COMMUNICATION BREAKDOWNS
- RELATIONSHIPS
- SOCIAL MEDIA
- EMOTIONAL WELLBEING
- SELF-IMAGE

Parents and/or young people come in and discuss whatever may be happening for you in a safe and confidential environment.

Where: **Palm Beach Neighbourhood Centre**

**16 Third Avenue, Palm Beach**

Phone: **Janette on (07) 5598 1505**