

# Young Hearts

Family violence counselling for children and young people

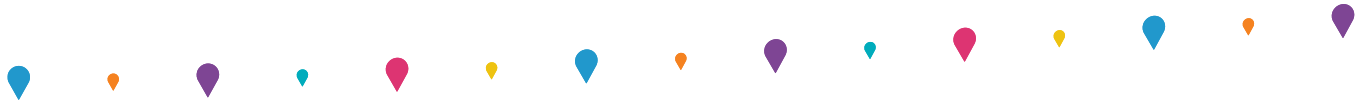
Young Hearts provides counselling in a safe and supportive environment for children and young people aged 5-18 who have been impacted by or experienced family and domestic violence.

## Young Hearts aims to help children and young people to:

- ◆ Explore their experiences through art, drama, play, dance and talking
- ◆ Identify and express their feelings and thoughts about the family violence
- ◆ Develop and enhance safe family relationships
- ◆ Gain life skills and social skills which build confidence and resilience

## What to tell children and young people about Young Hearts:

- ◆ It is a friendly and supportive place to go
- ◆ It is confidential
- ◆ You only share what you want to
- ◆ You get to have fun as well as talk about serious topics
- ◆ If you attend a group, everyone in the group will have had similar life experiences to you



### Is Counselling confidential?

All counsellors are bound by an Oath of Confidentiality in relation to counselling sessions. However, where there is a threat to an individual's safety, confidentiality may be waived.

### How do I make an appointment?

Contact us and we will take your details and book an appointment with a counsellor. Initially, an appointment will be made for the parent/caregiver to meet with the counsellor to discuss the needs of the child. An appointment is then made for the child to meet with the counsellor.

**This is a free service.**

### Contact us

**1300 11 44 46**

Gosnells, Joondalup, Kwinana, Mandurah & Rockingham

**08 9845 6666**

Albany

#### Gosnells

Gosnells Community Lotteries House  
Suite 9/Level 1, 2232C Albany Hwy

#### Joondalup

Sanori House, Suite 4/1st Floor  
126 Grand Boulevard

#### Kwinana

School outreach

#### Mandurah

Family Relationship Centre  
Unit 2, 331 Pinjarra Road

#### Rockingham

St Nicholas' Community Centre  
14 Council Avenue

#### Albany

St John's Centre  
44 Collie Street

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