



**LUTHERAN
CARE**

Lutheran Care Family & Relationships Services

COUNSELLING IN SCHOOLS

Support the wellbeing of your students and school community with an embedded Lutheran Care Counsellor at your school.

Lutheran Care is proud to partner with local schools to supply an experienced, qualified Counsellor to assist your students and their families.



1:1 COUNSELLING FOR STUDENTS

Our Counsellor provides professional support and guidance to students within the familiar and comfortable environment of their school.

It also means professional support is convenient and more accessible to families in your school community, without having to arrange external appointments and travel.

Our Counsellor can assist with areas including:

- mental health concerns
- building friendship skills
- grief
- confidence
- life changes
- stress
- divorce / separation
- resilience.



EDUCATION SESSIONS FOR PARENTS

Parents can benefit from up to four Parenting Education Sessions held at the school per year, designed and delivered by our in-school Counsellor.

The content will be tailored toward your school community's needs, in consultation with your school.

COUNSELLING IN SCHOOLS

Lutheran Care is proud to have an existing relationship with Lutheran Education in South Australia, and have run a successful pilot program of Counselling in Schools at St Paul Lutheran School in Blair Athol. We are now seeking to roll the program out more broadly, and welcome enquiries from Lutheran schools, as well as other private and public SA schools.



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HOW DOES IT WORK?

- A Lutheran Care Counsellor is based at your school two full days per week (or equivalent)
- They provide short-term counselling to students, with referrals made by school leadership
- Student Counselling offers short-term support, usually up to 10 sessions (approximately)
- We provide referral advice for students needing more intensive support
- We work closely with your Principal, leadership and wellbeing teams, to complement school target programs such as Anti-Bullying and Peer Support
- We provide an end of term report noting trends and broader wellbeing needs, which can help shape the content of the Parenting Education Sessions we deliver at the school.

ABOUT LUTHERAN CARE

Lutheran Care is a leading not-for-profit community services organisation operating across SA and NT. Founded in 1969 by pioneering Lutheran women, Lutheran Care is driven by a deep commitment to equity, compassion and innovation. Founded on the principles of the Lutheran Church, we provide a wide range of services including emergency relief, financial counselling, foster care, NDIS services, speech pathology and Elcies Thrift / Lutheran Care Op Shops.

READY TO FIND OUT MORE?

Contact Lutheran Care's Family and Relationships Manager, Kerry MacGrath, to discuss your school's needs and our current fee schedule.

 kmacgrath@lutherancare.org.au

 0436 294 096  (08) 8349 6099

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My daughter has loved spending time with you and always reports having a good experience.... It's so valuable to hear you're working on emotional regulation, self-esteem and strengths with her. They are perfect topics for her to explore further.”

- Parent