

Student and Family Counselling

The Student and Family Counsellor works with students, families, and school staff to build safety, recovery, relationships, and resilience for a child / young person's social, emotional, and educational wellbeing. To do this, the Student and Family Counsellor can provide support through:

- Individual one-on-one counselling with children at school
- Supporting families with referrals to external supports where required
- Facilitating therapeutic/psychoeducational groups for student cohorts
- Facilitating psychoeducational groups for parents/carers
- Providing professional development for school staff

Student and Family Counsellors are often the first port of call for students and families that are struggling, some of the areas where the Student and Family Counsellor can help are:

- Anxiety
- Social skills
- Emotions
- Healthy relationships
- Divorce/Separation
- Behavioural issues
- Worry
- Coping skills

Our Student and Family Counsellor Bio



My name is Natalie, and I have been part of the Marymead CatholicCare Student and Family Counselling team since 2024, and I currently support 3 regional schools as a student and family counsellor.

I have a bachelor's degree in psychology and a master's in counselling. I am passionate about supporting children and families and prior to my current role as student and family counsellor I worked in Family Preservation. This gave me a keen insight into the importance of early intervention and working holistically with a child's support network.

If you would like further information, feel free to touch base with any questions or concerns relating to the counselling service at your school. You can contact me by calling St Mary on Tuesdays or you can email anytime at natalie.cowled@mccg.org.au

I look forward to working with you and your school throughout 2025!

Need support?

If you believe your child may benefit from counselling and would like to make a referral, you can do so by following the link below:

<https://catholiccare.force.com/housing/s/school-referral-form>