

Privacy Information:

- ◆ I work in accordance with the New Zealand Association of Counsellors Code of Ethics.
- ◆ The information that you share with me will be kept confidential. The only exception to this will be if your safety is at risk.
- ◆ I will... "Act with care and respect for individual and cultural differences and the diversity of human experience." (4.2)
- ◆ Gemma is supervised by an experienced counsellor who will help her be the best counsellor for you that she can be!



Emergency Number

0800 37 66 33

Youthline

Changing lives.

Who is Youth Alive Trust?

Youth Alive Trust was established in 1989 to support young people in New Brighton and surrounding suburbs. We aim to support young people holistically, socially, emotionally, mentally and spiritually through our programmes and our staff and volunteers.



1. **Weekly Clubs** Our weekly after school and evening clubs including: Boys Club (Years 1 - 6), Girls Club (Years 1 - 6), Basketball (Years 3 - 13), Kitchen Klub (Years 6 - 9), Craft Club (Years 6 - 9), Rock Solid (Years 7 - 8) and Surge (Years 9 - 13).
2. **School Youth Workers** Supporting the students in class, at lunchtimes, and through extra curricula activities at Rawhiti Primary, and South New Brighton Primary Schools; Avonside Girls and Shirley Boys High Schools (24/7).
3. **Holiday Programmes and OSCAR** We run three different holiday programmes, Years 1 - 4, 5 - 9 and Breakaway for Years 9 - 13. Also Senior OSCAR runs everyday after school for Years 5-8.
4. **Camps** We take youth on overnight and weekends away throughout the year, such as Easter Camp, Winter Camp, Famine Sleepover, AMPED Camp, Father Son Camp and Mother Daughter Camp.
5. **One to One** Counselling and Mentoring one-on-one with young people for relational support, goal setting and a lot of encouragement.
6. **Library Youthwork Support** in New Brighton Library everyday after school, on weekends, and school holidays.
7. **Community Events** Large community events such as the Skate Jam, I Love New Brighton, School Fairs, EPIC Dance Party & Sk8 Party, Engage Personal Development and our Family Fun Night.
8. **Parenting and Pre-school** Programmes and partnerships such as - Bump Antenatal Classes, Breast-Feeding Drop In, Space, Playgroups, Parenting Toolbox Courses, Tough Love, and Parenting Seminars.
9. **Amplify School of Music**, Lessons and Youth Bands, and music recording in our purpose build music rooms.
10. **Volunteer Training and Support** We recruit, train and encourage volunteers to work in their community, on events and programmes. We also host interns.

Youth Counselling



Ages 5-25
By Appointment Only

YouthAlive TRUST
Building Brighter Futures with Young People in New Brighton since 1989

Based @ Grace Vineyard Beach Campus
111 Seaview Road, New Brighton, Christchurch

☎ 03 388 1001

email: office@yat.org.nz

www.yat.org.nz

 Find us on
Facebook

What is Counselling?



- ◆ *It is a safe place to explore what may be happening in your life.*
- ◆ Sessions are between 50-60 minutes.
- ◆ It can give you a new perspective in how you see a situation.
- ◆ It is a place where you can be listened to and respected always.

What types of things can we talk about in Counselling?

It is a safe place for you to talk in private and without judgement. Here are some examples of what people sometimes talk about:

- ◆ Relationship issues
- ◆ Anxiety
- ◆ Grief and Loss
- ◆ Depression
- ◆ Body Image
- ◆ Addictions
- ◆ Parent Separation
- ◆ Stress
- ◆ Friends
- ◆ School

Who is the Counsellor?

Gemma Phillips is passionate about seeing young people find wellbeing and wholeness in all areas of their lives and that is her daily motivation. She has a Counselling Degree and is trained in both Narrative Therapy and Person Centered counselling approaches. She has a background as a youth worker, and has enjoyed a 10 year career working with teenagers and children on the eastside of Christchurch. Gemma strives to be an ethical counsellor and is guided by the New Zealand association of counselling code of ethics. Gemma attends regular external supervision as part of her role and is supported by the wider Youth Alive Trust team.



The Role of the Counsellor

- ◆ To encourage you in your own efforts of personal growth.
- ◆ To not give you quick fix solutions but to journey with you and support you.
- ◆ To help develop your self awareness as well as your goals, beliefs and what motivates you.

How much does it cost individuals?



We recognise that counselling is often unaffordable for those who need it most. Therefore in Term 1 of 2017, we are offering a discounted rate of \$250 for six 1 hour sessions, paid through Youth Alive Trust. Payment can be made on the day in cash or eftpos or online into the Youth Alive Trust bank account:

ANZ 117892-0066444-00



“My aim is to create a safe space for young people to share their journey and work through the challenges and joys of life.”



How do I begin?

Contact

Email : counsellor_gem@outlook.com

Office Phone : 03 388 1001

Work Cell: 0273586667