

Privacy Information:

- ♦ Sydney works in accordance with the New Zealand Association of Counsellors Code of Ethics.
- ♦ The information that you share with her will be kept confidential. The only exception to this will be if your safety or the safety of others is at risk.
- ♦ Sydney will..."Act with care and respect for individual and cultural differences and the diversity of human experience." (4.2)
- ♦ Sydney 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 & 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), Youth Choir (Years 4 - 8), Kitchen Klub (Years 6 - 9), Table Tennis (Years 6 - 13), Craft Club (Years 6 - 9), Rock Solid (Years 7 - 8), Surge (Years 9 - 13) and Basketball (Years 3- 13).
2. **School Youth Workers** Supporting the students in class, on 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. **OSCAR** We run three different holiday programmes, Years 1 - 4, 5 - 9 and Years 9 - 13. Also Senior OSCAR runs everyday after school for Years 6-8.
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. **1-on-1.** Meeting one-on-one with young people for either formal counselling or mentoring 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 Parties & our Family Fun Night.
8. **Parenting & 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 & Youth Bands, and music recording in our purpose build music rooms. Also a new eastside Youth Choir!
10. **Volunteer Training & Support** We recruit, train and encourage volunteers to work in their community, on events and programmes. We also host interns.

Free Youth Counselling



Years 7 - 13
Wednesday & Thursdays
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

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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 40-60 minutes.
- ◆ It can give you a new perspective.
- ◆ 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.
- ◆ Addictions.
- ◆ Parent Separation.
- ◆ Stress.
- ◆ Friends.

Who is the Counsellor?

Sydney Erickson is in her 2nd year of a 3 year Counselling Degree with BTI and a student member of the NZAC (New Zealand Association of Counsellors).



Sydney must complete 50 hours per semester of practical counselling in a placement setting, with support from her tutor, and supervisor. As part of her course she needs to video her work as much as possible. Sydney speaks with an American accent, but has lived in New Zealand for 6 years, loves coffee, hanging out with friends, and exploring the beauty of New Zealand.

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?



FREE! No strings attached! This is another way we're able to support our community, and help Sydney fulfil her placement counselling hours.



"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 The Youth Alive Trust Manager,
James Ridpath:

Email : office@yat.org.nz

Phone : 03 388 1001