

BayCISS also provides

- Community information, referral, support and advocacy
- Material aid
- Legal service
- Budget assistance
- Tax advice for low income earners
- No Interest Loans Scheme (NILS)
- Education financial support
- Occasional childcare for pre-schoolers
- Community venue hire
- Volunteering opportunities

“Counselling helped us to identify the strengths in our relationship as well as respect our differences.”



Contact us

Phone: (03) 9555 9910 or (03) 955 6560

Fax: (03) 9555 9579

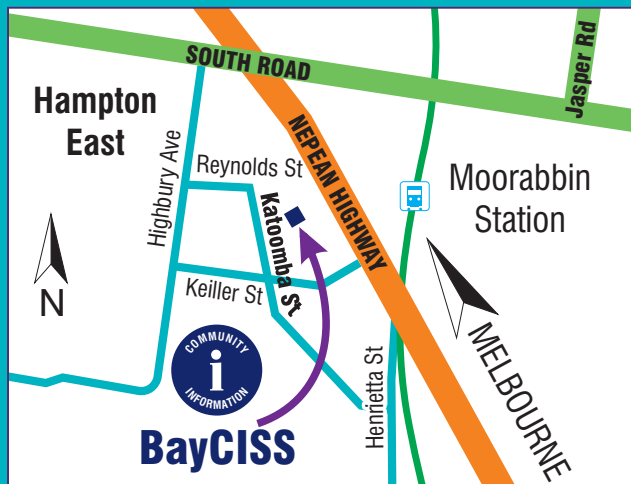
Web: www.bayciss.org.au

Find us

12 Katoomba Street
Hampton East VIC 3188

BayCISS is easily accessible by public transport and is short walk from Moorabbin Railway station.

Off street parking is available in front of building.



BayCISS

Bayside Community Information
& Support Service Inc.

ABN 55 744 288 093 A0048783E



BayCISS

Bayside Community Information
& Support Service Inc.

Counselling Service

People helping people...



What we offer

Bayside Community Information and Support Service (BayCISS) specialises in adult counselling for individuals, couples and families within the Bayside community and its surrounding neighbours.

BayCISS counsellors are professionally qualified and experienced workers who provide a safe, supportive and confidential space in which you can talk and think about your concerns.

“Counselling helped me to see things differently. Now I feel I can cope with my situation and make clearer decisions.”

How can counselling help?

Most people face difficult or challenging circumstances at some stage in their life. Counselling is a way to help people think about the feelings and beliefs that influence or impact their current circumstances. A counsellor can help you to unravel the confusion, understand the distress and find ways to move forward in your life.

Some of the concerns a BayCISS counsellor can help you with are:

- Parenting difficulties, including parent/child relationships
- Couple conflict
- Family disharmony or breakdown
- Blended family integration
- Adjustment to life stages eg. new baby, children going to school, leaving home, retirement
- Unforeseen circumstances
- Communication difficulties
- Loss and grief
- Anxiety or heightened concern
- Lack of motivation

“The counsellor helped me to ride the ups and downs of parenting. I feel more confident to understand and manage my child's behaviour.”



How many sessions can I have?

Counselling is a process. For some people a few sessions are enough to provide clarity and a different direction, whilst others seek longer term support to address ongoing concerns that impact their everyday lives. Each situation is unique. The way you want to work on your problem is discussed and thought about in your first session with the counsellor.

What are the fees?

We are aware that one of the barriers to asking for professional help can be financial limitations. At BayCISS we are grateful for the government support that covers the cost of counselling for some families with children under the age of 17.

In other circumstances, people pay a moderate fee for our service. This fee contributes towards the ongoing functioning of the BayCISS Counselling Service.

How do I make an appointment?

The first step is to call one of our counsellors on 9555 9910 between 10am and 2pm weekdays. If we are unavailable, please leave a message for us to call you back.

Referrals from community agencies, allied health professionals, GP's, psychologists and other specialist services will also be considered.