

# ***BHAVAN CARES***

**Call: 1300 BHAVAN (1300 24 28 26)**

## **Counseling Support**

### **Friendship & support for women**

You can also access support and friendship through Bhavan's friendship centers at convenient locations offer social and recreational groups for women of all ages and interests.

### **Counseling Services**

We understand that coming for counseling can be difficult; however everyone has times in their life when talking to a trained counselor can be helpful. Counseling can help you cope with a crisis or difficulty, or reach new goals for yourself, your relationship or your family. Issues we deal with

- Building better relationships
- Separation and divorce
- Stress; Anxiety; Depression; Grief
- Anger management
- Spirituality
- Domestic violence