



## **Perinatal Counselling**

- Are you pregnant, or have a baby? 1 in 5 mums feel tearful, irritable, anxious, guilty, inadequate, hopeless, or have thoughts which they don't understand showing up.
- Have you been through the beyond-words sadness of losing a baby through miscarriage, stillbirth or infant death?

You are not alone. Counselling can help.

I have a few spaces available now for individual, group and online counselling and life coaching.

***For the month of February, 100% of fees will go towards helping people and animals affected by the floods.***

**Medicare rebates apply if on a mental health plan and referred by a GP**

Please give me a ring for more information, at 040 343 5335

**Catharina Belgraver (Mum. Wife. Counselling Psychologist. Life Coach)**