



## Offering support when you need it most



### Who are we?

**Track9** is made up of a team of practitioners with qualifications in social work, psychology and counselling. All practitioners are registered with the relevant professional associations. This level of accreditation ensures each practitioner is highly competent and is held accountable in their field of work.

### What do we do?

We provide a range of services for young people, adults, couples and families residing in the City of Maroondah.

See over for information on **General Counselling, Carer Support, Family Mediation, Relationship Counselling** and **Forensic Services**.

To learn more about what we offer, book in for your **FREE** half hour consultation.

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# OVERVIEW OF PROGRAMS



**TRACK 9**  
Clinical Services & Consultancy

SERVICE TYPE	WHO IS IT FOR?	WHAT'S INVOLVED?	BENEFITS
<b>COUNSELLING</b>	<p>Anyone who wants help to overcome feelings of sadness, irritability, low mood, anxiousness, lack of energy and motivation, anger, or any other emotion impacting on your daily functioning and relationships.</p> <p>Young people who are having difficulties at home or at school, who engage in substance use, who self-harm.</p>	<p>A confidential meeting to complete an assessment of your current situation and needs.</p> <p>A treatment plan is developed in collaboration with you; and in conjunction with your GP if required.</p> <p>A contract is made regarding the number of sessions you require and the frequency of sessions.</p>	<p>Support and guidance provided in a confidential environment.</p> <p>Develop a better understanding of your issue.</p> <p>Develop strategies to manage and/or change your circumstances.</p> <p>Learn about other support services that may benefit you; and/or your family member or partner.</p>
<b>CARER SUPPORT</b>	<p>Individuals responsible for the care of a partner, parent, or sibling, of any age with a mental or physical illness, and/or disability.</p>	<p>A confidential meeting is held to complete an assessment of your current situation and needs.</p> <p>A counselling plan is developed with you; and where required may include other family members.</p> <p>A contract is made regarding the number of sessions you require and the frequency of sessions.</p>	<p>Professional support provided in a confidential environment.</p> <p>Receive anywhere between 4-6 government funded sessions.</p> <p>Develop strategies to better manage your circumstances.</p> <p>Receive support to link in with other community services that may be of assistance to you.</p>
<b>RELATIONSHIP COUNSELLING &amp; FAMILY MEDIATION</b>	<p>Couples and families experiencing difficulty in managing relationships.</p> <p>Couples who are separated and need assistance with establishing care arrangements for their children.</p>	<p>Individual meetings with each person participating in the mediation session to complete an assessment of their needs.</p> <p>Joint mediation session with all individuals facilitated by Track9 clinicians to work through key issues using a structured collaborative problem solving model.</p>	<p>Improve relationships with partners and/or other family members.</p> <p>Learn skills and strategies to prevent future conflict.</p> <p>Where child care arrangements are concerned, develop plans that focus on the needs and best interests of the children.</p>
<b>FORENSIC COUNSELLING</b>	<p>Anyone who has come into contact with the police and/or has been to court for criminal matters, including Family Violence.</p> <p>Individuals required to attend Anger Management programs or Men's Behaviour Change programs.</p>	<p>A confidential meeting to assess your current situation and needs; and help you make contact with a lawyer who best meets your legal requirements.</p> <p>A treatment plan is developed to address your psychosocial needs and identify strategies to prevent future offending behaviour.</p> <p>Individual support to help you lead a prosocial lifestyle.</p>	<p>Support and assistance provided by a professional who understands the criminal justice system.</p> <p>Develop an understanding of the factors contributing to offending behaviour; and learn strategies to manage your behaviour to avoid further contact with police or courts.</p> <p>Link in with specialist services to support you.</p> <p>A progress letter to take to court.</p>

**To learn more about what we offer, book in for your FREE half hour consultation call: (03) 9999-7482 today!**