

# Jackson Counselling

Jenny has over 10 years experience working with families, teenagers, men and women in private practice, schools and agencies.

“My aim is to provide you with the opportunity to explore options, solutions and strengths in an atmosphere of warmth and respect.”

## Jenny provides help with:

- ▶ Parenting issues – different styles, expectations, strategies
- ▶ Relationships with family, teens, children
- ▶ Managing at risk teens
- ▶ Communication skills
- ▶ Work stress, work relationships
- ▶ Life changes and challenges
- ▶ Depression, anxiety, panic attacks
- ▶ Grief and loss
- ▶ Spiritual issues
- ▶ Support for caregivers
- ▶ Employee Assistance

## Appointments:

Sessions are one hour in duration. To arrange an appointment phone:

**021 167 0308** or email

**[jenny@jacksoncounselling.co.nz](mailto:jenny@jacksoncounselling.co.nz)**

## Fees:

These need to be paid each session by cash or cheque. Other funding is sometimes available through WINZ, Employee Assistance Programmes or Harbour Health GP's Primary Lifestyle Options scheme.

## Cancellation Policy:

24 hours notice is required or normal fees apply.

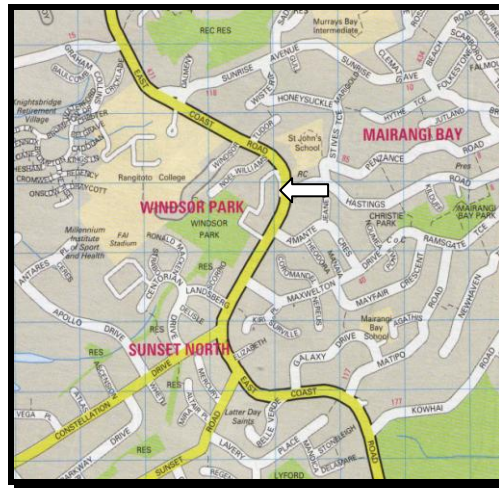
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Family and Individual  
Counselling



## Code of Ethics:

Jenny is a member of the New Zealand Association of Counsellors and the New Zealand Christian Counsellors Association. She abides by their codes of ethics. For more information visit their websites.



**Abelard House is located behind the yellow  
Armstrong Security shop at the  
southern end of Windsor Park shops**



**Abelard House  
2/518 East Coast Rd  
Mairangi Bay**

**Phone 021 167 0308  
jenny@jacksoncounselling.co.nz  
www.jacksoncounselling.co.nz**