

Thinking about a (phone) counselling referral: things to consider....

Djirra is a place where culture is shared and celebrated, and where practical support is available to all Aboriginal women and particularly to Aboriginal people who are currently experiencing family violence or have in the past. We are an Aboriginal Community Controlled Organisation governed by an Aboriginal Board of Directors who are elected by our members.

Programs at Djirra include:

- Legal Services
- Koori Women's Place
- Case Management
- Counselling
- Early intervention and prevention programs such as Dilly Bag, Sisters Day Out and Young Luv

Am I Eligible for (Phone) Counselling at Djirra?

To access the Counselling Program at Djirra you have to:

- Identify as an Aboriginal woman.
- Be at least 18 years old.

Counselling is about reflecting on your life. A woman engaging in counselling needs to be able to have time and a culturally safe place to do this.

A reason to come to counselling is that you would like things in your life to be different. You might know how you would like them to be but you don't know the steps to take to create the change.

Counselling is the process of having a support person (counsellor) help you reflect on your life and what you want to change. This counsellor will listen, be non-judgemental, offer a different perspective and assist you to "think about things in a different way".

The counsellor's role is different to a caseworker because the counsellor does not follow up on tasks or help you manage practical issues.

The counsellor's primary role is to listen and provide a culturally safe space to help you create the change you want in your life. Unlike casework, a counsellor does not have access to material aid, however there might be times that the counsellor can refer to other services.



Counselling is available on Tuesdays and Thursdays.




The counselling sessions go for up to 45 minutes.



Counselling appointments are available between 10am and 4pm.

The maximum number of sessions is one (1) per fortnight and the counsellor can be accessed on a less frequent basis. The counsellor is a non-Aboriginal woman but is informed by culturally sensitive practice. Counselling will be provided by phone.



To self refer or to refer a client of your service to Djirra's counselling program, please contact the Koori Women's Place (KWP) on 9244 3333.

A KWP team member will speak to you about the referral.

Or fill in this form and email to: kwp@djirra.org.au

Name: _____

Date of Birth: _____

Postcode & Suburb: _____

Phone Number: _____

Best day and time to call: _____

If you are a worker please fill in the name of the woman you are referring and her phone number above AND your details below:

A KWP team member will call the woman you have referred to discuss the referral. The KWP team member will contact you regarding the outcome of the referral wherever possible.

Worker Name: _____

Worker Organisation: _____

Worker Phone Number: _____

Best day and time to call: _____



For any other information, contact Jaynaya Williams at the KWP on 9244 3333 or jaynayaw@djirra.org.au