

Contact Us

To find out more

For a confidential discussion or training enquiry, please contact us by:

Phone: (02) 4475 0906

Phone: (02) 4475 0902

Email: admin@cassiesnest.com.au

Post this completed form to:

Cassie's Nest
PO Box 917
Moruya NSW 2537

Name:

Address:

Phone:

Email:

I would like to find out more about:

- Individual Counselling
- Family Counselling
- Training and Education about trauma-informed Counselling

"The Centre provides children and young people, their families and carers with a safe and secure place to make sense of their experiences. We believe trauma happens in the context of relationships. This means healing must happen in relationships too. This service offers people the chance to discover their own individual and family resources in order to create a sense of belonging, to build their identity, their relationships and their sense of emotional well-being".

- Cassie's Nest Counsellor



Cassie's Nest is an Anglicare Initiative



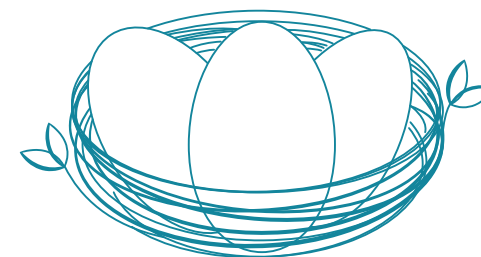
About Anglicare

Anglicare is a not-for-profit organisation focused on helping disadvantaged families, children, young people and communities throughout regional NSW and the ACT.

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Cassie's Nest



**Trauma-Informed
Therapeutic
Counselling Service**

Hope. Heal. Thrive.

Our Aims

Cassie's Nest is a specialised trauma-informed therapeutic counselling service for children, young people, families and carers who have been impacted by trauma, abuse or neglect.

The service also helps vulnerable families who are experiencing difficulties in the care and parenting of their children.

The Cassie's Nest service aims to:

- › Support children and young people:
 - to regulate emotions and behaviours
 - make sense of the past to prevent future negative effects
- › Support key people in the child or young person's life:
 - to respond to their needs, building trusting and positive relationships.
- › Ensure the systems around the child and young person—like school—are equipped to further assist them to heal.

We worry about what a child will become tomorrow, but we forget that they are someone today.

Cassie's Nest Services

Services available in Eurobodalla Shire and Bega Valley Shire.

All interventions provided by Cassie's Nest are founded on an understanding of the neurobiology of trauma and its affects on a child's development.

- Counselling, including:
 - Individual and family counselling services
 - Psycho/social education
- Parenting capacity assessments
- Placement assessment and support
- Behaviour Support Plans for children and young people
- Training and education for service providers about trauma-informed practice.

"(The Counsellor) made my child and her healing the focus.... With the early support, my child will heal and become a healthy, happy adult with normal relationships".

- Parent

Foundation Principles

- › All children and young people have the right to be and feel safe.
- › The experience of trauma affects the way in which a child or young person makes sense of their whole world.
- › Healing from trauma lies within the relational context.
- › An understanding of the neurobiology of trauma, attachment and child development informs all our interventions.
- › Connection to culture provides a sense of place and belonging.

Our Commitment

- › We will keep the child or young person at the centre of all our service delivery.
- › We will promote safe and secure relationships for all children and young people within our service.
- › We will have a consistent and shared trauma-informed approach by all the care team.

Healthy relationships are the agents of change and the most powerful therapy.