

What do we do?

Counselling and Psychology Services

First Light Care's counselling and psychology services are provided by professional counsellors and psychologists in English, Cantonese or Mandarin. Free or subsidised low fee services are provided to needy individuals and families.

Education and Training Programs

First Light Care also provides education and training programs for the community, viewing these as essential to working toward community awareness and prevention of harmful and abusive behaviours, as well as psychological, spiritual and family problems.

Please visit our website to view our upcoming seminars.

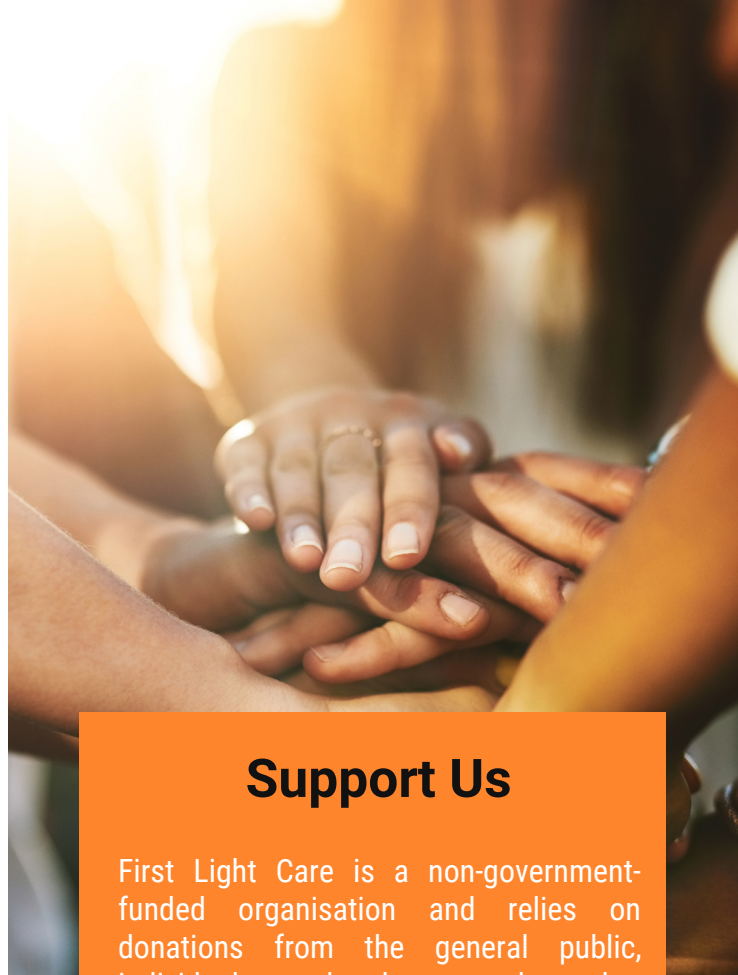
Enquiry/Booking of Appointments

Counselling and psychology services are provided by appointment only.

- Telephone or online services are available (via Google Meet, Zoom, Skype and WhatsApp, etc).
- Face-to-face services can be arranged at our centre.

For Enquiry or Booking of Appointments, please

- call us on (02) 9211 9988, or
- email us at admin@firstlightcare.org.au



Support Us

First Light Care is a non-government-funded organisation and relies on donations from the general public, individuals, churches and other community groups to maintain our free or low-fee non-profit services to the community.

Donations of A\$2 and over made to "First Light Care Fund" are tax deductible.

To donate, scan the QR code on the right or visit our website to find out how you can support us.

We greatly appreciate your help and support.



-  (02) 9211 9988
-  admin@firstlightcare.org.au
-  Shop 3, 99-101 Anzac Ave, West Ryde, NSW 2114, Australia
-  PO Box 329, West Ryde, NSW 1685, Australia
-  www.firstlightcare.org.au

What kind of counselling & psychology services does FLC provide?

- Individual Counselling
- Adolescent Counselling
- Marriage Counselling
- Family Counselling
- Counselling Certificate (for divorce applicants married less than 2 years)
- Pre-Marital/Marital Counselling (Special Package) – Prepare/Enrich Assessment
- Employee Assistance Program (EAP) Counselling

Language & Culture

Our counsellors and psychologists:

- speak both English and Chinese (Cantonese & Mandarin), and
- understand the cultural issues of the Australian and Chinese communities.



What are Counselling & Psychology Services?

Our counselling and psychology services use evidence-based approaches to effectively relieve or treat different types of mental stress and distress caused by mental illnesses/disorders, family or interpersonal relationship problems, and other life issues.

Our counsellors and psychologists will design a personalised treatment plan according to your individual needs. We are experienced in treating mental health problems, such as depression and anxiety disorders, and relationship issues such as falling in love, improving marital relationship, or raising children. We can also provide guidance and support on other stressful life and mental health issues.

How can counselling & psychology services help you?

If you are facing some problems that cause you distress, pressure or hopelessness, and affect your daily functioning, our counselling and psychology services may be beneficial to you.

Counselling and psychology services often help people increase self-awareness, examine problems from multiple angles, and can encourage helpful attitudes and coping methods. We found many clients experienced improved emotions and reduced unhelpful behaviours as a result of our services. Gradually, they managed their difficulties and got back on their feet.

Your contact with us and the information you give will be kept strictly confidential.

Common issues that we can help you with:

- Depression
- Anxiety Problems
- Excessive Worries / Overstress
- Low Self Esteem / Emotional Distress
- Child & Adolescent Emotional & Behavioural Issues
- Marital & Family Relationship / Parenting
- Dating / Pre-Marital Counselling
- Divorce & Separation/ Extra-marital Affairs
- Domestic Violence
- Interpersonal Relationship
- Schooling / Study Difficulties
- Sexual Issues / Homosexuality
- Grief & Loss / Bereavement
- Adjustment Difficulties
- Carer Stress
- Personal Growth
- Life & Career Planning
- Career Assessment
- Self-Harm / Suicide
- Addiction Problem
- Physical, Emotional, Financial & Sexual Abuse
- Work / Employment Issues
- T-JTA Personality Assessment

