



# PREGNANCY COUNSELLING

## **A free, confidential and non-judgemental service**

Your feelings about pregnancy might be all over the place. This is absolutely normal. However, if the feelings are overwhelming or confusing, they're definitely worth exploring! No judgement, and free of charge.

Pregnancy Counselling offers you support and assistance in looking at and exploring the options available to you on issues such as:

- Unplanned pregnancy
- Loss due to miscarriage, termination or neo-natal death
- Support during and after pregnancy
- Alternate care options

We can provide face-to-face or telehealth counselling on the Northern Beaches and in the Northern Sydney area. The service is available to women and men of all ages who are facing issues related to pregnancy.

We can link women to specialised health and community services as needed. We offer pathways to other support services and practical and material assistance if required. We also offer workshops for expecting parents, as well as new parents.

**MORE  
INFORMATION  
& BOOKINGS:**

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