



Counselling

🧠 **Feeling Stressed? Overwhelmed?
Stuck? Just Need to Talk?**

You're not alone

🕒 **Book a 60-Min Counselling Session**
| **Murdoch College (Building 121**
Murdoch University Campus
90 South Street, Murdoch WA 6150)
or via 🖥️ Zoom

Let's chat about:

- Anxiety
- Stress
- Sadness
- Homesickness
- Relationship issues
- Or anything else affecting your well-being



Why Book with Cheryl?

- Safe, non-judgmental space
- Personalized strategies you can use right away
- Flexible: in-person or online to suit your schedule
- Fully confidential & Supportive

👉 **Ready to take a step toward
a more balanced you.
Book Now!**

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