

## Online Counselling

In the comfort of a space where you feel secure

Flexible to accommodate your schedule

Progressing as gently or as deeply as you require



## Walk & Talk

Launceston & surrounds

Enjoy a relaxed and casual atmosphere.

The first session will be held online, allowing us to get to know one another.



PH: (03) 6364 0106

E: [BALANCEWITHBEC@OUTLOOK.COM](mailto:BALANCEWITHBEC@OUTLOOK.COM)

# Balance With Bec



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## About

I will collaborate with you to discover the perfect balance as you embrace life's challenges with confidence and clarity.

Master of Social Work (PQ) Bachelor of Psychology & Health Science



## I specialise in...

Women's Support  
e.g. Boundary  
Setting, Anxiety,  
Depression,  
Relationships

Neurodivergent-  
affirming Practices  
with ADHD  
and/or Autism

Professionalism and  
the Person

Cultural and  
Identity Experiences