

Support for the children and families behind the school gate.

I'm Jacintha Field, a family and child counsellor with a private practice in Albert Park. The practice began in Torquay and has grown through word of mouth, largely from schools and parents passing my name on.

I help children with self-regulation, anxiety and resilience, and I work with parents to strengthen the connection between them and their kids. Much of my work starts with one simple question we ask every child: do you feel safe?

I'm a qualified family and child counsellor and art therapist, and I've studied in play therapy, and I'm a certified kids yoga teacher.



WHERE I CAN HELP YOUR FAMILIES

- **Resilience**
building it through the hard bits, not around them
- **Self-regulation**
practical tools children can actually use
- **Anxiety**
helping children feel safe in their own bodies
- **Co-parenting**
keeping children at the centre across two homes
- **Separation**
steady support for children when family life changes
- **Parent-child connection**
strengthening the bond that holds it all

If a family in your school community is finding things hard, you are welcome to pass this on. Parents can reach me directly, and there is no referral paperwork involved.

Two doors in.

FOR CHILDREN AND FAMILIES

One-on-one sessions.

Individual sessions for children, parents, or the whole family, held at the Bevan Street, Albert Park rooms or online. Counselling, art therapy and play-based approaches give children more than words to express themselves with, so the hard stuff can come out in a way that feels safe.

Every family begins with a parent-only intake session, so I understand the full picture before meeting your child.

Enquire for session availability and fees

FOR PARENTS AND CARERS

Weekly parent sessions.

A more cost-effective way to access therapy. A confidential online session every Wednesday at 9:30am AEST. Parents submit their questions weekly, names optional, and hearing other parents' questions helps everyone feel a little less alone.

Sessions are on screen and never recorded, so what is shared stays private. A one-off parent-only intake session comes first.

\$35 per week · no lock-in · come to as many or as few as you like



Please feel free to share this with your parent community.

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