



I am a Professional Counsellor and Group Facilitator and have a long working history in Melbourne's Community Sector focusing predominately in the areas of homelessness and family violence. I have used my counselling skills in a diverse range of roles such as – youth work, mental health outreach, drug and alcohol counselling and family support work. I have also spent an extensive period as a Children and Adolescent Therapist and more recently as a School Counsellor. I have a huge passion for the needs and voices of children's experiences. I believe children just like adults can experience stress in their lives where they need the opportunity to have support and share their story. Through my practice I have specialised in working with families, with a particular focus on kids and teens. I am inspired in the work I do and love to companion individuals as they recognise strengths, gain insight and share in their knowledge.



Professional Counsellor & Group Facilitator  
(BA Hum Serv, Grad Dip E. Creative Art Therapy)  
(M.A.C.A, M.A.C.A.T.A)

“ I learnt different ways to calm down and how to control my anger ”

~ Jack, 10

“ I feel more confident and assertive to know how to deal with conflict situations ”

~ Sarah, 14

“ Minnie's the best Counsellor, it is creative, helpful & I enjoy coming to see her ”

~ Lily, 8

**Melinda Zammit**

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“I believe in the emotional and physical wellbeing of kids. I believe that everyone has the right to live in a safe, loving, nurturing environment. I love to companion and empower individuals to recognise their own strengths and I ultimately want kids, teens and families to feel happy in life.”

**Melinda Zammit**

Professional Counsellor & Group Facilitator

## TRUSTING PARENT INTUITION



As a parent we know our children; their strengths, weaknesses, and the importance of looking out for their best interests. You've probably tried a number of ways to help your child, from asking friends and family for advice, to reading information and exploring countless options. However, if this approach still hasn't helped and your gut instinct tells you to get further support; trust your intuition. A time like this can be very overwhelming and stressful. Making decisions to seek professional help and trust a Counsellor with your child can be difficult.

**Your first step would be to make a call, and have a chat about your concerns.**

Explore your options, meet with a Counsellor and gain an understanding of what they do and how they can help. Trusting your intuition about your child's welfare is important.

“ As a parent my daughter became more independent & more confident in social situations. I felt very comfortable with the process for my child and was so happy to see her grow ”

~ Christine, 38

## WHAT I DO

I provide therapeutic creative counselling for kids, teens and parents. This offers a safe place to gain self-awareness, knowledge and insight; assisting with developing coping strategies, life skills and support for individuals. Using a range of techniques in my counselling, I have found creative arts therapy and sandplay therapy, combined with other 'talking' therapies, extremely powerful and effective. Being creative in my counselling, gives individuals a relaxed and engaging space where they can be open to exploring the process. I work with a diverse age range and provide affordable therapeutic creative counselling.



## COMMON REASONS TO SEEK A COUNSELLOR

Behaviour changes

Self harm

Anxiety

Depressed

Grief

New baby

Anger management

Bullying

Significant trauma

Loss

Low self-esteem

Parent separation

## BENEFITS OF COUNSELLING - KIDS/TEENS

- ✓ Feeling heard and understood
- ✓ Ability to deal with emotions and feelings
- ✓ Building resilience, self-esteem and confidence
- ✓ Empowering your child, feeling more secure
- ✓ Exploring better ways to handle situations and relationships
- ✓ Learning life skills, problem solving and coping strategies

