



COUNSELLING AT SAGE

INTRODUCING MARCELLA

I'm a counsellor who has worked with women and their families from a variety of cultural backgrounds and life experiences. My approach focuses on supporting your strengths and choices through a **non-judgmental, flexible and authentic** stance.

Your nervous system may have gone through a lot, taking a toll on your overall wellbeing.


I will use my counselling skills to gently guide you towards balance.

I'm guided by the wisdom of your **body, mind and heart.**

We will work together to strengthen your relationship with yourself, your family and community.

I'm happy to work face-to-face, by phone or via video on Wednesdays or Thursdays. If you would like more information, or to check my availability, please contact the office.

PH: 9636 8437 or email admin@sagecommunity.org.au

A graphic of a water droplet falling into a pool of water, creating ripples. The droplet is in the center, and the ripples spread outwards. The background is a soft, out-of-focus purple and pink.

Marcela

PACFA Certified Practising Counsellor | Provisional Reg 26981

Master of Psychotherapy and Counselling

AEDP Therapist Level 2