

RECONNECT THERAPY



Supporting parents and carers

JULIA GUTBROD

Counsellor & Psychotherapist

Master's Gestalt Therapy. PACFA Member

As a parent, I know how joyful and challenging it can be to raise children.

As a therapist, I know how important it is to get support for ourselves, as we tend to neglect our own well-being.

I provide support for parents to help them navigate the stresses and challenges they experience through this journey. Healing & supporting ourselves is one of the most important aspects of parenting. When we are able to focus on taking care of our own emotional well-being, we can build stronger relationships with our children that support their healthy connection, growth and development.

With my extensive experience and therapeutic training, my approach will reconnect individuals with their own strength, wisdom and abilities.

Individual, online counselling specialising in support for parents.

For all bookings and enquiries 0433 732 392 or hello@reconnecttherapy.com.au
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