

# Counselling - Matua School

Providing students a safe place to talk and express themselves.  
Contact Angela Barlow (DP/LSC) to discuss further.  
[angelab@matua.school.nz](mailto:angelab@matua.school.nz)



## WHAT YOU CAN EXPECT:

- To be listened to and cared for
- Not to be shouted at or blamed
- To feel safe
- To talk honestly and freely
- To get outside help if you need it
- To feel better after a while

Matua School is pleased to partner with Bethlehem Tertiary Institute. This partnership provides access to counselling for Matua Students, and an opportunity for training counsellors to complete the hours required to complete their degree.



# About Claire



Kia ora everyone,

My name is Claire, and I will be available for counselling to students and families at Matua Primary School.

I am a Trainee Counsellor in my second year of study, completing a Bachelor of Counselling (BCouns) at Bethlehem Tertiary Institute.

I look forward to journeying together, offering support and encouragement in a way that leads to positive change towards healing and happiness.

I believe in being able to express yourself freely, irrespective of the size of the problem or issue. If it is important to you, it is important to me.

I am a 54-year-old mum of two sons, and nana to three grandchildren.

My eldest son, his partner and their three children all live with me in my house.

My grandson is 7 years old, my eldest granddaughter is 6 years old, and my youngest granddaughter is 10 months old.

We have a busy but fun home.

**CLAIRE**

## WHAT HAPPENS IN COUNSELLING?

Talking, drawing, playing games and telling my stories.