

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

**Address all correspondence to
THE CEO
CENTRAL BAYSIDE COMMUNITY
HEALTH SERVICES**

**HEAD OFFICE
335 NEPEAN HIGHWAY PARKDALE
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also
available from the following venues**

DENTAL CLINIC

335 NEPEAN HIGHWAY PARKDALE
TELEPHONE 8587 0350

ADULT COMMUNITY OPTIONS

299 CENTRE DANDENONG ROAD CHELTENHAM
TELEPHONE 9581 1111

CHELSEA

3/1 THE STRAND CHELSEA
TELEPHONE 9781 9333

CLARINDA

58 VINEY STREET CLARINDA
TELEPHONE 9552 4333

PLANNED ACTIVITY GROUPS

31 VENICE STREET MENTONE
TELEPHONE 9583 6970



**WE WELCOME YOUR
COMMENTS**

B-017 May 2008



**CENTRAL
BAYSIDE
COMMUNITY
HEALTH
SERVICES**

**COUNSELLING
SERVICE**

**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Registration No. A0034938T
Working Smoke Free**

Counselling Casework

The Central Bayside Counselling Service offers information, referral, casework, advocacy, support and counselling and group work for a range of issues to people who live or work in the City of Kingston.

The counsellor will assist you to understand and work through problems, appreciate your strengths and try new strategies.

We can help with....

- Anxiety
- Depression
- Grief and loss
- Personal distress
- Relationship difficulties
- Self esteem
- Social Isolation

You might be interested in joining our eight week Anxiety Education Group.

The service is confidential.

There is no fee.

To access the service contact the duty worker on weekdays at

**335 NEPEAN HIGHWAY
PARKDALE**

From 1.00 p.m. to 2.45 p.m.

Telephone 8587 0200

Useful Websites

- Sane Australia;
www.sane.org
- Beyond Blue;
www.beyondblue.org.au
- Anxiety Disorders Association of Victoria;
www.adavic.org
- PANDA;
www.panda.org.au
- Centre for Grief and Bereavement;
www.grief.org.au
- Mensline Australia;
www.menslineaus.org.au
- Carers Victoria;
www.carersvic.org.au
- Family Relationships Online;
www.familyrelationships.gov.au