Live your best life with Optimum Living Counselling and Coaching for Mums

Optimum Living provides counselling and coaching services especially for mums. Our main focus is to help you effectively deal with the daily issues that you may face that impacts on your mental health and wellbeing whilst providing support and guidance in your journey through Motherhood.

We help mums to uncover their strengths, set purposeful goals, develop the skills, ability and confidence that they need to be happier and lead meaningful and flourishing lives.

We can provide counselling and coaching for:

· Non-Directive Pregnancy Support

· Antenatal Depression

· Preparing for Baby

· Postnatal Depression

· Anxiety

· Motherhood Stress and Anger

· Surviving and Thriving Through a Breakup

· Work/Family Balance

· Increasing Happiness

· Finding Yourself in Motherhood.

Medicare rebates are available for some services.

Call 02 9016 7197 to make an appointment or visit www.optimumliving.com.au