



NDIS REGISTERED PROVIDER

# COUNSELLING & THERAPEUTIC SUPPORT

PROVIDING BOTH IN-PERSON  
AND TELEHEALTH DURING  
COVID-19

LOCATED IN THE INNER  
NORTHERN SUBURBS

Eleni is a registered NDIS provider, qualified and experienced social worker, counsellor and family constellation facilitator.

Eleni has extensive experience providing therapeutic counselling for people with mental health issues such as depression, anxiety, trauma and complex childhood experiences. She can provide support to women and men.

Eleni has experience providing psycho-somatic therapeutic approaches to trauma recovery and as a senior registered yoga teacher she can assist people self-regulate through mindfulness and breathing techniques.

Eleni skillfully weaves both western therapeutic approaches with eastern healing techniques and wisdom, making her a unique and highly regarded therapist.

NDIS participants can access services under 'Therapeutic Supports' & 'Innovative Community Participation'.

You can speak with Eleni before booking to see if working with her is a good fit for you.

She offers a *FREE* 30 minute phone chat and supports people both through *telehealth* and *in-person* counselling.

Contact Eleni on:  
0403 774 410 or [info@yogaharihealing.com](mailto:info@yogaharihealing.com)  
[yogaharihealing.com](http://yogaharihealing.com)

