

# About us

CLA Inc. is committed to supporting people with intellectual and cognitive disabilities and young people at risk to get the most from their lives. All of us have a right to be included in the community. At CLA we see our role as helping to grow communities where all people feel valued and are able to share the unique gifts they bring.

We work across the North Brisbane and Moreton Bay Regions.

Our practice is person centred, holistic, collaborative, evidence based and respects the rights of people with intellectual disability and young people.

Counselling and parenting support can be provided in our Nundah office or outreach to a location where the person feels comfortable (e.g. their home)



# Contact Us



If you would like further information about the services we offer we would love to hear from you.

-  3266 3788 / 3266 5633
-  [reception@communityliving.org.au](mailto:reception@communityliving.org.au)
-  [www.communityliving.org.au](http://www.communityliving.org.au)
-  5 Nundah Street, Nundah, 4012

Community Living Association Inc acknowledges the Traditional Owners of the land on which we live, work and play.

We pay respect to Elders past, present and emerging and acknowledge that sovereignty has never been ceded.



## THE THERAPY TEAM

### Counselling & Parenting



# COMMUNITY LIVING ASSOCIATION

[WWW.COMMUNITYLIVING.ORG.AU](http://WWW.COMMUNITYLIVING.ORG.AU)



# What we offer



## Counselling

- Our team of Mental Health Social Workers offer counselling to support people with their mental health.
- We specialise in working with people who have an intellectual and/or cognitive disability and at risk young people.
- We are collaborative, respectful, person centred and utilise evidence based therapies.
- Sessions can be funded through peoples' NDIS plans, Medicare, Work Cover, or fee for service.



Community Living Association is a **Registered NDIS Provider.**

Provider Number: 4-4331-924  
ABN: 51 989 937 672

## Disability Specific Relationships Therapy

- We work alongside parents with intellectual and/or cognitive disability to enhance their parenting capacity.
- Our social workers offer both individual therapeutic & practical support and weekly parenting groups to build capacity.
- Interventions are collaboratively designed and guided by parents and their parenting goals
- Interventions are evidence based and tailored for each parent's learning needs and style and may include:
  - Circle of Security Program
  - Practical parenting skills and knowledge
  - Therapy to enhance parenting, wellbeing, relationships and communication, including trauma, grief and loss & emotional regulation
  - Advocacy and support to engage in systems

Therapy is funded through NDIS participant plans under therapy line items.



## Our Team



**Counselling**  
Michael, Meg and Monique

Accredited Mental Health Social Workers with extensive experience working therapeutically with people with intellectual and/or cognitive disability and young people at risk.

As a multilingual team, we can offer counselling in Mandarin and Japanese.



**Relationships Therapists**  
Mandy, Jules, Miryeong and Jess

Experienced Social Workers passionate about connecting with parents to achieve their parenting hopes and goals and to address barriers to parenting.