

## Let's chat.

City of Greater Dandenong is offering a comprehensive Integrated Onsite counselling support service designed to assist you inmeeting the challenges and demands of your work and personal life.

Your dedicated consultant at City of Greater Dandenong can help you with:

- Building positive relationships
- Proactive intra/inter team or interpersonal communication
- Embracing life and managing pressures
- Grieving and bereavement
- Resilience and emotional regulation
- Mental health concerns and challenges
- Managing change in work and personal environment



**Mond Gendy** 

Our approachable onsite counselling service is available every Thursday

In-person and virtual appointments are available

You can book a session online: <a href="https://cogd.10to8.com">https://cogd.10to8.com</a>



Remember that at any time you can access support through our off site EAP service by calling to arrange a more immediate service.

To make an appointment please contact:

- 1300 OUR EAP (1300 687 327) by phone, anytime 24/7
- eap@convergeintl.com.au by email

