

Let's chat.

City of Greater Dandenong is offering a comprehensive Integrated Onsite counselling support service designed to assist you in meeting 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



Mona Gendy

Our approachable onsite counselling service is available every **Thursday**

In-person and virtual appointments are available

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



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