

**HAPPY NEW YEAR**

Got a resolution you want to keep?

Hoping to make 2018 your best year yet?

Wanting to bring positivity and resilience into the New Year?

The KOI Counselling team is here to help!

Monday – Friday

Market and Kent St Locations

**Counselling can provide:**

- Assistance for reducing stress and anxiety
- Skills for coping with personal or family problems
- Tips for improving time management and study/life balance
- Help with procrastination and increasing motivation
- Assistance with decision-making
- Support for challenging times, especially if family and friends are at a distance

**Appointments** – To arrange an appointment with the KOI Student Counsellor

Contact Email: [counselling@koi.edu.au](mailto:counselling@koi.edu.au) or KOI Reception by Ph. (02) 9283 3583

