



THERAPY AND EDUCATION
SUPPORT SERVICES



Child, Adolescent & Adult COUNSELLING

WHAT DO OUR COUNSELLORS DO?

Our Counsellors support children, teens and young adults (aged 0-25 years) with a variety of diagnoses by providing a safe, compassionate space to explore their thoughts, feelings, and experiences. They help young people develop emotional resilience, navigate experiences like anxiety, behaviour change, or family relationships, and build healthy coping skills.

Counsellors also work closely with parents and caregivers, offering guidance, strategies, and support to strengthen family relationships and promote positive development at home and in daily life. They work to empower each child, adolescent and young adult to thrive socially, emotionally, and mentally.

Spots now available
*in Macksville, Port
Macquarie and
surrounds*

Contact Us



 6568 4026

 tess@lifetimeconnect.org.au

Josh currently has openings for Counselling support on Tuesdays, Wednesdays and Thursdays in Macksville and surrounding areas

Meet Josh Kingston

With a background of youth work, support work, work with neurodivergent populations and navigating transitional life phases, Josh brings a well-rounded approach to Counselling. He adapts his therapy style to the individual (e.g. solution focus, narrative therapy, expressive therapy, motivational interviewing, play therapy, and so on).



More about Josh

He is passionate about empowering individuals to process and express their feelings, engage meaningfully in their lives, prioritise their mental health and explore their self-identity. Josh approaches therapy sessions with authenticity, warmth, empathy and active listening. He seeks to create a safe space for children, adolescents and adults to be themselves and have a little fun.



Approaches & Interventions

Acceptance and Commitment Therapy (ACT)

Cognitive Behaviour Therapy (CBT)

Play-Based Therapy

Trauma-Informed Approach

Neuro-Affirming Approach

Person-Centred Approach

Josh can support with a variety of things such as 1:1 therapy sessions, strengthening family relationships, processing emotions, navigating trauma, living with anxiety, navigating social interactions/ relationships, targeting mental health and behaviour support.

Contact us to enquire:

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Josh provides supports in the following locations and is mobile:
Macksville clinic, home visits, preschool visits, school visits.