



HELLEN SOCIAL WORK PRACTICE
mental health matters

HELLEN MATHEBULA

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HELLEN SOCIAL WORK PRACTICE
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social work services

- ☐ Individual/family and group Counselling
- ☐ Trauma and debriefing
- ☐ Relationship counselling
- ☐ Grief and Bereavement
- ☐ Parenting skills
- ☐ Neurodiversity affirming counselling
- ☐ Pre and post marital counselling
- ☐ Anger management
- ☐ Counselling in chronic illness
- ☐ teenage behaviors change and counselling
- ☐ Anxiety and stress management