



Te Wahī Hauora

Garin Health and Wellbeing Services

Generosity

Aroha

Rangimārie

Integrity

New
Life



Kate Sheldon: Lead Counsellor - Full Member of NZAC - Fully Certified Teacher

Kia ora, my name is Kate.
I am a Garin College foundation student - I was a year 9 in 2002 when Garin opened!

Sometimes life can be hard. This is not something you have to go through by yourself. If you have any worries, are feeling overwhelmed, or stressed out, you are not alone! I would love for you to come and see me. Counselling is great for goal setting, personal growth and enhancing wellbeing. No problem is too big or too small, and I promise I am not scary! Come and give it a go!
Our time together is private, non-judgemental, and confidential.
If you wish to have a chat you can email me direct at katesheldon@cloud.garincollege.ac.nz, talk to any staff member, fill out the online referral form, or pop in and see me.
I look forward to meeting with you.



Julia Grigg: Counsellor - Full Member of NZAC

Kia Ora everyone. My name is Julia.
My passion is helping rangatahi through the tough times that this period of life can bring.

I enjoy being able to provide a safe and confidential space, free from judgement, where you can relax, speak freely and hopefully gain new skills and coping mechanisms that can help make this stage of life easier to navigate.
I understand the stresses that rangatahi are facing today and am eager to help in any way.

If you need someone to talk to, please feel free to pop in, fill in the online referral form requesting myself, or you can email Kate requesting to see me.

I am available on Tuesday, Wednesday and Thursday every week, between 8:40 and 3



Sue Kersten: Counsellor - Provisional Member of NZAC - Fully Certified Teacher

Kia ora Garin College Students, my name is Sue.

I am passionate about wholeness and working towards growing into the best version of ourselves. Sometimes life gets tough - don't go through it alone. Draw from your strength of courage and make an appointment. Counselling is also about setting life goals and receiving encouragement - I look forward to learning with you. If you want to see me please fill out the online referral form and put me down as your preference.

Our time together is led by you and is confidential.

Kia mau ki te tūmanako, te whakapono me te aroha.
Hold fast to hope, faith and love.



Jay Blazek: Youth AOD (Alcohol and Other Drug) Clinician

Hi Garin College Students, my name is Jay.

I'm visiting Garin campus every Monday afternoon from 2-3pm in Counselling Room 2 to answer any of your questions regarding alcohol, cannabis, and other drugs related questions you might have.

If you are concerned about your use, or a friend or family member - please contact either a staff member - Kate (Our School Counsellor) or me Jay directly at; 021 028 18030 or 0800 731 317 or jay.blazek@nbph.org.nz for a confidential chat.



Leah Kainuku: NMIT Student Counsellor

Kia ora, my name is Leah.

I am honoured to be a second-year NMIT student counsellor on placement at Garin College. I value we all show up to the world uniquely and recognise our experiences are special and individualistic. In a confidential and judgment-free environment, we collaborate to enhance your quality of life. I am pleased to provide you a welcoming and understanding space for you to share your thoughts and experiences.

If you would like me to be your counsellor, just mention so on the referral form, or let Kate know via email.

I am available each Friday

Health Nurses are available as required - Just ask at the office or email Kate.