

Thrive at Life

📍 Location
1/190 Cypress Street
Torquay

✉ Email
ruth@thriveatlifeaustralia.com.au

♥ NDIS Supplier
No

👤 Applicable Ages
All ages

📁 Inclusions
All

Service Areas

Health Services

Mental Health Services

Youth Services

Opening hours

Monday	9am-5pm
Tuesday	9am-5pm
Wednesday	9am-5pm
Thursday	9am-5pm
Friday	9am-5pm
Saturday	-
Sunday	-

Trauma-sensitive Social Work and Counselling, utilising Embodied Healing practices alongside talk therapy
Counselling - Individual, couples and family, Health and Wellbeing (Counselling Support), Youth Wellbeing
Services