



A Note from Michelle

September often feels like a month of transition – the end of summer, the start of new routines, and for many, a return to busy schedules. With change can come a mix of emotions: excitement, stress, or sometimes feeling a little overwhelmed. At Feel Well Therapy, we're here to support you and your family through these shifts, helping you find balance and wellbeing in the months ahead.

Warm wishes,
Michelle
Clinical Lead & Director

Therapy for Change

September often marks a fresh start — children return to school, work routines pick up, and the shift into autumn can feel like a time of transition. While change can bring energy and new opportunities, it can also feel unsettling, stressful, or overwhelming.

Therapy offers a safe, supportive space to explore what's on your mind and find new ways forward. It's a chance to talk openly, reflect, and build resilience with the guidance of a professional who understands.

At Feel Well Therapy, our therapists work with young people and adults on a wide range of issues, including stress, anxiety, low mood, relationship difficulties, and life changes. Whether you're adjusting to new routines or facing deeper challenges, therapy can help you feel steadier and more supported.

And if time is tight, we also offer immediate online therapy sessions, so you can start therapy without delay — from the comfort of your own home.



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Get the latest updates, wellbeing tips, and information about services and news from The Feel Well Centre straight to your inbox.

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Updates from Feel Well Centre

Discover the Benefits of
Massage Therapy

Eases muscle tension - Improved mobility - Pain relief
Relaxation - Stress relief - Injury recovery



Book today 

Clinic open Wednesday, Friday & Saturday

Gift vouchers available



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Kusala (Pāli):
Wholesome, skilful,
good, of merit.



Hi, I'm Tara! After a diagnosis of CFS/ME over 10 years ago, I learnt first-hand the impact of my diet and lifestyle choices on my health and energy levels. Now, trained as a **Registered Nutritional Therapist**, I offer a personalised nutrition approach, along with functional testing, to support clients with symptoms and diagnosed health conditions.

So, are you curious to learn more about what's going on within your body? Are you ready to make some wholesome changes to improve your health? Then get in touch for a 15-minute discovery call, and let's get started on the journey to better health!

Private Functional Testing Available

Consultation appointments are available either online or in person at the Feel Well Clinic in Loddon.

Currently taking on clients for support in all areas of health including:

- IBS/IBD/Digestive Issues
- CFS/ME/Fibromyalgia
- Cardiovascular Disease
- PCOS/Endometriosis/Fertility
- Peri-menopause/Menopause
- Pre-diabetes/Type-2 diabetes
- Any unexplained symptoms



Have you considered
online therapy?



Online Therapy at FWT

September often brings new routines, pressures, and changes — and sometimes that can feel overwhelming. At Feel Well Therapy, we want you to know that support is available straight away.

Our online sessions mean you can connect with a therapist quickly and confidentially, wherever you are. Whether you need CBT, EMDR, Cognitive Analytic Therapy, or Counselling, you'll receive the same quality of care as in-person sessions — without the wait or the travel.

Many people find this flexibility makes it easier to fit therapy around work, family, and busy schedules, while still giving them the space to focus on their wellbeing.

Thank You for Reading

Whatever changes September brings, remember you don't have to navigate them alone. Our team at Feel Well Therapy is here to support you.

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See you next month,
Michelle