

Counselling.

Sometimes I have trouble...

Understanding my feelings.

Understanding others.

Sorting my feelings.

Fixing my problems.



Counselling.

I'm going to counselling...

This is my counsellor, Laura.



Counselling.

I'm going to counselling...

Counselling can give me a place to talk to someone who will try to help me figure out problems together.

Counselling can help me to understand things better and change things I'd like to.

Counselling can sometimes feel difficult. But my counsellor will try to help me feel comfortable sharing my feelings.

Counselling can be fun! Sometimes we might use activities like drawing or play-doh.



Counselling.

I'm going to counselling...

Counselling can help me sort my feelings and problems with someone who cares.

It might feel difficult sometimes but it can be fun too!

It might feel good to have some help and i might enjoy things more.

My counsellor is Laura - Laura is looking forward to meeting me.

