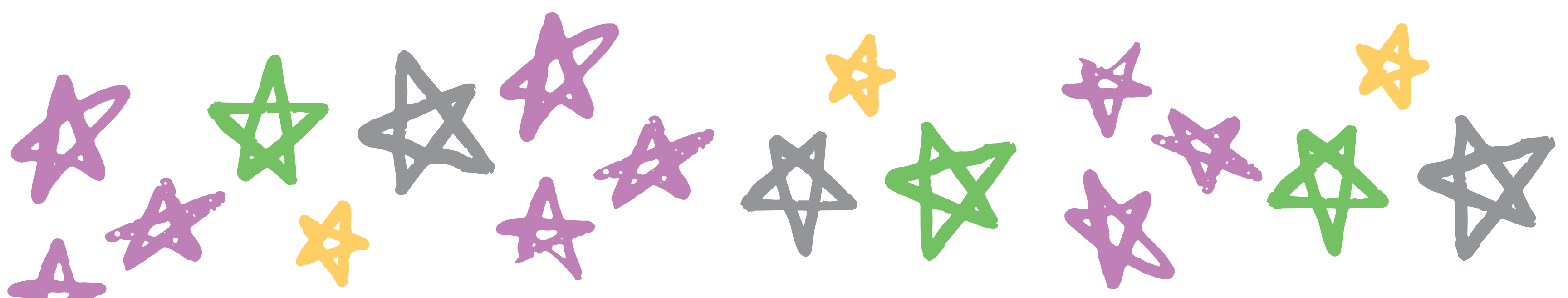




Why am I going to
THERAPY
& what's going to happen?



Your parents/caregivers notice there is something wrong and that you haven't been yourself lately.



So they contact a child and youth therapist to get you some support.

The therapist meets
with your parents/caregivers.



They schedule an
appointment for you.

You meet your therapist and start having sessions.



You keep having sessions until you feel better.

In your sessions you and your therapist will do Play Therapy and EMDR Therapy.

Therapy is a word that means "healing wounds".

Therapy helps you feel better and learn how to deal with the hard things in your life.

After a while you become more confident and feel like yourself again.

