

Information Sheet for Young People

Sessions in the
Phoenix Centre Tadworth





Sarah Charlton



Adrienn Ganev



Jolie Gallagher



Emma Tapley



Natasha Adams



Lisa Steele



Sarah Holley



Juliet Campetescu



Clare Ducker



Sue White

These are the practitioners who work in Tadworth



Sarah Field



Louise Mote

This is the Phoenix Centre

Your practitioner will meet you at the door when it is time for your appointment

If you arrive early, you can wait in your car or on the benches outside



This is a picture of one of our one to one rooms

There are three rooms which have comfy chairs and a table in them





In your first session your practitioner will enjoy getting to know you. They might do this by playing games, talking or drawing. You can decide together



To know what I am good at /my strengths



To improve relationships with my family



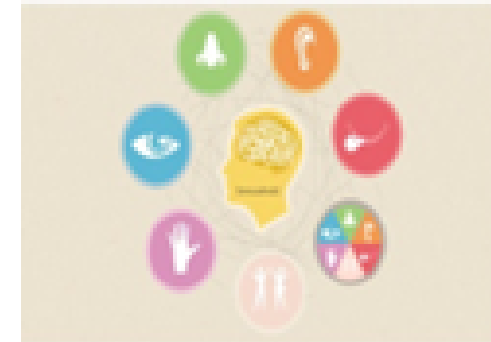
To feel less sad

At learning space children and young people choose a goal/ focus for their sessions.

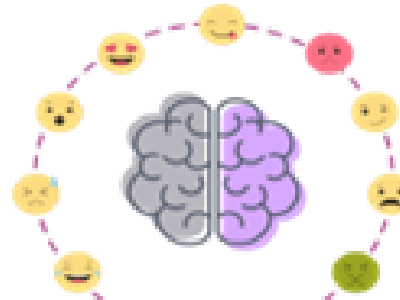
Here are some ideas that other people have chosen...



To feel less worried



To understand my sensory needs.



To learn new skills to cope with big feelings.



To learn about making and keeping friends.

We're really looking forward to getting to know you!

If you have any questions before you meet, your grown-up can get in touch to ask