



Your sessions at our Guildford centre

Information Sheet for Young People



Our Guildford Centre

This is the
front door to
our centre



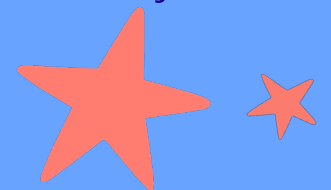
This is the back
of the building



There is a small waiting area and it is best to arrive just before your appointment. The person who will be helping you will come to meet you and take you to a room for your session.



This is what the rooms look like. They are all different and they are all comfy.





In your first session the person you're seeing will get to know you a little, what you enjoy and what you would like to talk about.



Sessions may include talking, playing games, drawing, making art, or doing another activity that feels comfortable. Everyone is different, and we'll take time to help you feel safe, listened to and understood.

Sessions usually last around 40 minutes.





At Learning Space,
children and young
people choose a goal or
focus for their sessions.

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

To learn new skills to
cope with big feelings.

To learn about making
and keeping friends.

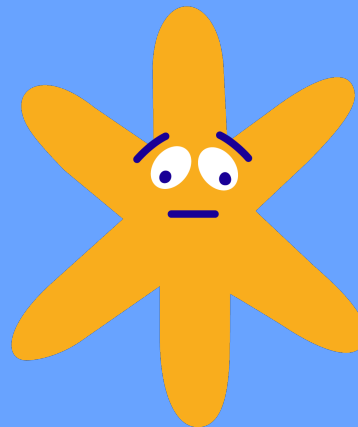
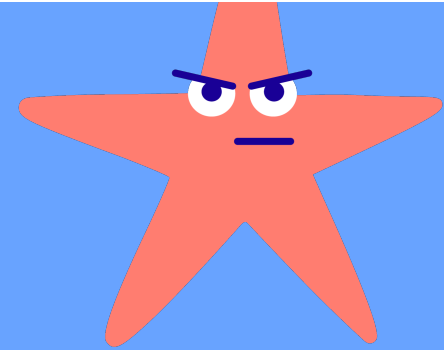
To understand my
sensory needs.

To feel less worried

To know what I am
good at

To feel less
sad

To improve
relationships with
my family



The background of the slide is composed of several large, overlapping triangles in two colors: a light purple and a bright cyan. The triangles are arranged in a way that creates a dynamic, abstract pattern. The text is centered within the purple areas.

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.