

Kids counselling

Kids read here...

What is counselling?

Counselling is talking about feelings



What are you feeling today?



It's ok to talk about feelings

Did you know that talking about
the way you think can change the
way you feel?

From **sad** to
happy



Do you ever feel sad or angry

Because if you do you should talk
about it



Sad



Angry



Who should you talk to?

Talk to one of our trusted counsellors!



Will they keep
your secrets?

YES!!!

If you need someone to keep your
secrets you can come to us!



So if you need
someone to talk to

You can come to Skerrett
Psychology!



Skerrett
PSYCHOLOGY
PROFESSIONAL CORPORATION


