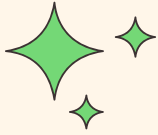




REASON 4 BEING



WHO ARE WE?



We are a creative mentoring service for children who struggle with low self esteem & anxiety.

We are an early intervention service and use creative tools & techniques to help children manage their unique brains and create a toolbox of skills that work for them.



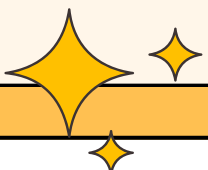
HOW IT WORKS



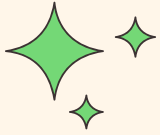
We work 1:1 with children either face to face or over video through teams.

Sessions are 1 hour and can be booked weekly or bi weekly.

We tailor all our sessions to suit your child's needs but always use a twist of creativity through colouring pens, crayons, drawing and fun worksheets!



REASON 4 BEING



WHO WILL BE YOUR MENTOR?

Lucy will be your mentor, she is qualified to work as a Child Mental Health Coach and is very friendly & approachable. Lucy loves being creative and making pottery outside of her work. She has a dog called Izzy who she gets to enjoy lots of nice walks with. Lucy likes sessions to be fun, interactive, engaging and most of all useful. She will find a way to make the sessions work best for your unique brain.



WHAT DOES A SESSION LOOK LIKE?

Every session starts with a check in where we will chat about how your week has been and what has affected you this week. We will then look at our goals we have set out and check in on how you are doing. Then depending on what you want to talk about we will do some kind of creative coaching activity which might include colouring, drawing or doing an activity or worksheet. Every session is designed to suit your needs.

