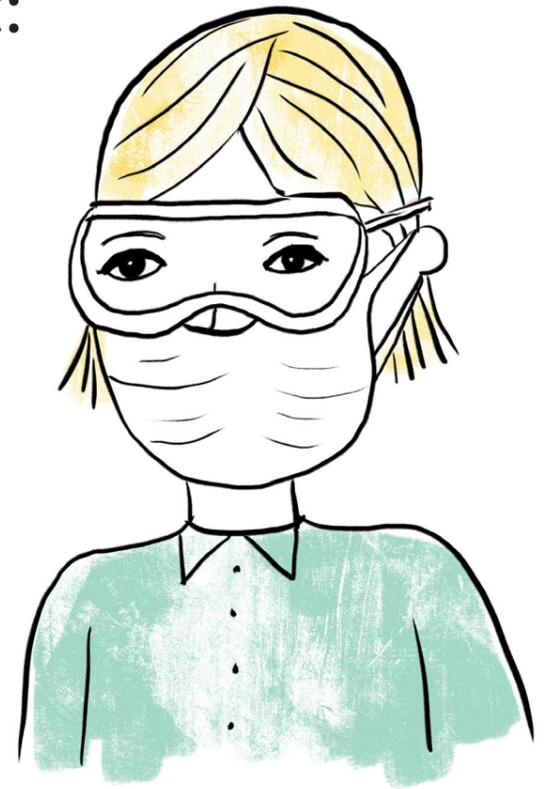


# Counselling in the time of Coronavirus

Things for you to expect:

You will be safe when you come for counselling. We have thought about how to make sure you and everyone in this place stays healthy.



## Fun!

We can still play games, paint, draw and have fun together.

## Face masks and glasses

Your counsellor will wear a face mask when you come in. They might have special glasses on too. It might seem a bit weird at first. You might like to try out a mask or glasses as well?

## Handwashing

We will wash our hands before and after our sessions.

## Face masks and showing feelings

Face masks can make it a bit hard to show our feeling faces. We will practice different ways of sharing our feelings.



## Check-ins

We will talk about how counselling is going with you and your parents or carers.