

Information for kids

Why am I coming to see you?

We help you – and those around you – to feel safe, calm and happy.

Everyone gets scared, angry, sad or feels upset at times. Sometimes we do and say things because of how we feel or because of things that have happened to us.

Our job is to help you with any difficult feelings, thoughts and behaviours you may be having because of how you feel or what's happened to you.

We do this by playing and some talking – **but only when it feels right for you.**

We also work with your parents, carers and teachers to help them understand you – and your feelings, thoughts and behaviours – better so they can help you too.

Who are you?

We are a group of friendly adults who believe that children should feel safe, calm and happy.

We also believe families are supposed to have lots of fun together. Sometimes families get too serious and forget how to have fun. We help you and your family have more fun together.

We are professionals (*pruh•feh•shuh•nuhlz*). This means we have spent a lot of time learning about how to help children and their families.

We've learnt some really amazing things about how your brain makes you think and behave in ways you may not even notice yourself! We help you understand your amazing brain.



Did you know that our brains make us behave just like wild animals when we are scared or in danger? Sometimes our brains make us behave like fierce tigers. Other times our brains make us behave like scared rabbits.



Do you feel like this sometimes? We do. Ask us about it and we'll tell you how it works.



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beaconservices.org.uk | info@beaconservices.org.uk

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What happens in the sessions?

We have lots of fun ways to spend time together and we use lots of games and drawing.

If you come to a group you will meet us with other children, your parents or your teachers. If you come for family sessions you will come with your parent or carer.

Sometimes we don't even meet with you very much at all. Sometimes just meeting with your parents, carers or teachers is the best way to help you to feel safe, calm and happy.

We will usually meet once a week – sometimes more, sometimes less. It depends on what we decide together.

What if I don't want to see you? What if I don't like the sessions?

Most of the kids and families we see like coming to see us.

It's really important that you tell your family, carer or your teacher and, if you can, us about how you're feeling about seeing us.

If you don't like seeing us we promise we won't be cross or hurt. We want to do everything we can to help you. Telling us how you feel helps us to help you.

Sometimes the best way to help you is for you to work with someone else, and that's okay! We won't be sad or upset. We make a promise to you to help you any way we can – even if that means finding someone else for you to meet with.

We think it's important to keep everyone safe and we have 3 rules to help us do that.

**No hurts.
Stick together.
Have fun.**

We'll explain these better when we meet you.



You can tell any of us, or someone you trust, if you feel like we are breaking our own rules.

You can look at our **Complaints Policy** to see all of the people you could talk to.