A CHILD-FRIENDLY GUIDE

# My first art therapy visit

A short page to read together before an appointment. Every service can be a little different.



1

**I might meet someone new.**

They are there to help children express themselves.

2

**There may be things to draw or make.**

I do not have to be good at art.

3

**I can ask questions.**

I can say what I feel comfortable with.

4

**I can take things at my own pace.**

The therapist can explain what happens next.

**There is no perfect picture to make.**