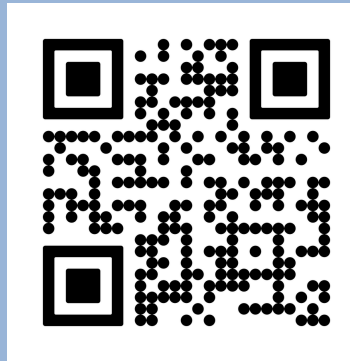


# How It Looks to Me

with South West Family Services



How It Looks To Me is a programme made to help children and young people talk about their thoughts, feelings, and what life is like for them. It gives you a safe space to share what's on your mind, especially if things are changing in your family or you're not sure how you feel about certain situations.



## What the programme is for

- To give you time to talk about your feelings in a calm, friendly space
- To help you understand that it's okay to have lots of different emotions
- To explore ways to understand the changes in your family
- To make sure you feel listened to and supported

First, we meet with your parent or carer and sometimes the Cafcass worker or social worker and school to understand what's going on. After that, you'll have five sessions on your own with a worker who is there just for you.

During the sessions, you might do activities, talk, draw, or fill in a small workbook. At the end, we write a short summary to share with your parent or carer, and sometimes with other adults who are helping your family.

## When?

Your adults can explain when this will start and will happen for about 5 weeks.

## Where?

We can discuss this and find the best place for it to happen. Sometimes it's at school, at one of our centres or out in the community.

## With Who?

We will introduce ourselves to you and send a photo so you know who you will be seeing. It will always be the same person!

Some children use this programme when they haven't seen a parent for a long time and are getting ready to spend time with them again. It helps you think about how you feel and what you might need as things change.



accredited  
**naccc**

