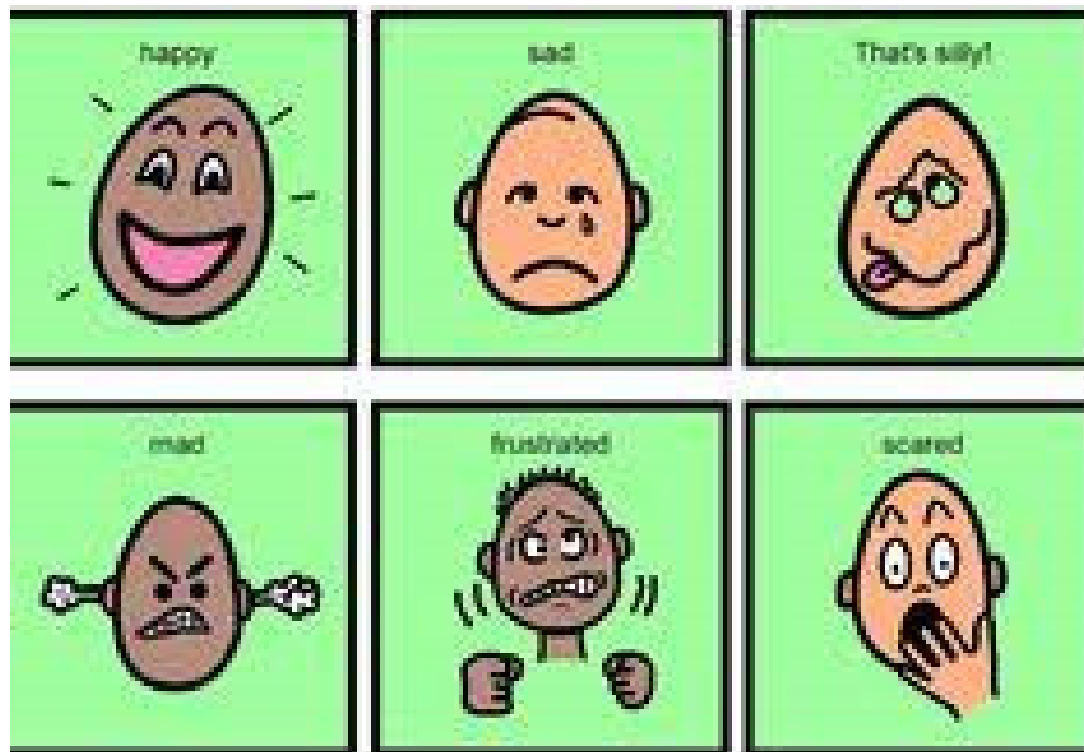


My first visit to a psychologist



Kids have lots of different feelings

Sometimes I feel:



Karina is a psychologist.



This means she can help you with your feelings.

Karina loves her job because she gets to play with lots of different children.



She really cares about children and wants to help them feel happy and safe.

This is the office at Moffat Beach



Now that you know what it looks like, you could help spot it when you are coming here for the first time.

Maddy, the receptionist might be there to say
“hello”.



If we have to wait for Karina I can play with puzzles or read some books from the blue box.



Can you spot where the blue box is?

We go into Karina's office.



First Karina usually sits and talks to Mum/Dad/Carer

I can play with the free choice toys while they talk.



Then I choose a game to play with Karina!

Next Karina chooses an activity. It might be:



Sandplay



Drawing or colouring



Whiteboard



Puppets



Talking



Game

At the end I need to wait until Mum/Dad/Carer pay and book a new appointment.

wait



I might come back to see Karina another day to learn some new things!



See you
next time!