

Social Story for Our First Session

My name is Andrea and I am a therapist who works with kids. A therapist is someone who helps people understand their feelings. My favorite way to help kids understand their feelings is by playing with them.



Soon you will be visiting my office with your mom and dad, just a mom or dad, or someone else very special to you.

The outside of the office building looks like this.



You'll walk up the ramp (behind the building) and enter inside through a blue door.

After walking through the hallway inside, you will find a waiting room that looks like this.



When it is time for your appointment, I will come downstairs to greet you and your grown up.

I will then invite you and your grownup to visit my playroom. The playroom has a lot of toys to play with!



You, your special adult, and I will meet in the playroom to talk for a little while and you can choose to sit with us or you can explore the playroom. When your grown up is done talking they will go downstairs to the waiting room and I will spend time playing and talking with you.

I am a safe person to share your feelings with. We do this by playing with toys, doing art, playing games, and talking. Sometimes you might not feel comfortable talking or playing, and that's okay too.



You can come to my office and have fun and start to feel better.



When it is time to leave you can choose a gem to take home with you.
In a week or two I will see you again in my office with your parent(s) or
special adult.



I am excited to meet you!