

# Visiting Bloom Well-being

We are in a small town called  
Creswick, about 25 minutes  
away from Ballarat.



bloom  
well-being

# Welcome

When you arrive, someone named Britt will welcome you and offer you a drink while you wait for your therapist.



# Therapist

Then your therapist named **Stacey** will arrive and show you the therapy room where you will visit each time you come. Your safe person can come with you!



# What is a therapist?

A therapist is someone who you can share your worries or overwhelming feelings with and they will teach you things called strategies to help.



# What happens next?

You might notice that you feel lots of different emotions sometimes, you can share any of these with your therapist.



# How?

When you visit you can  
PLAY, or COLOUR and DRAW  
while you share things with your  
therapist.



# Why?

Visiting your therapist is something that can help you to feel better and have less worries, but it's important to find the right therapist.



# See you soon

We are looking forward to meeting you and can't wait to have some fun together :)

