

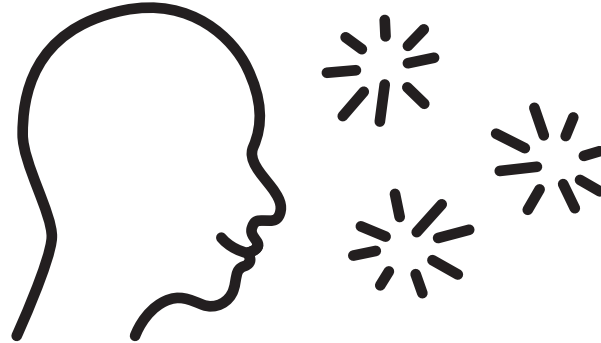
WHAT IS THERAPY?

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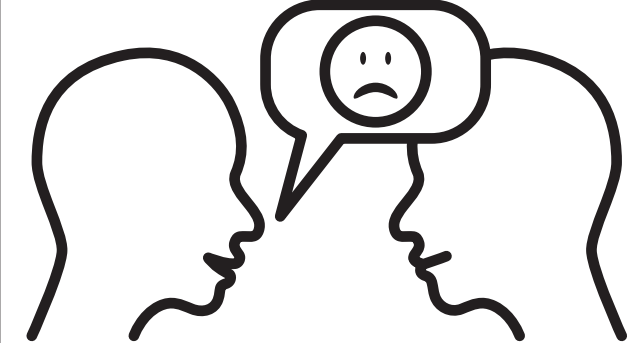
LOOSE
THERAPY



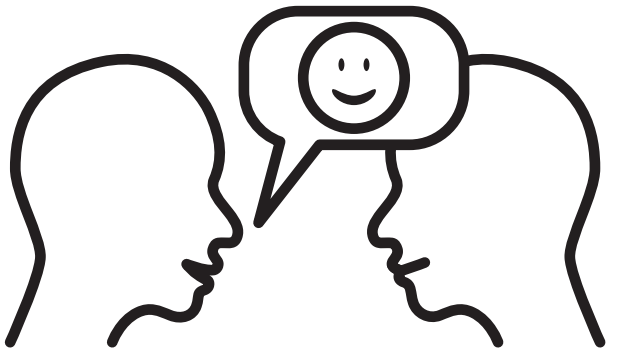
Sometimes things happen that can upset us, make us worried or frightened.



Sometimes these things go away without any help.



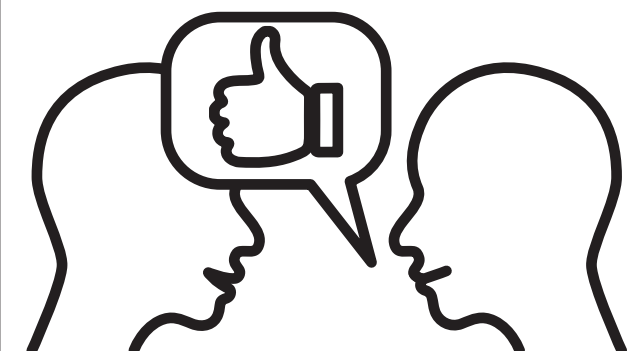
Sometimes it might help to see someone about these things, like a therapist.



Therapy is a place where someone will help you to not feel upset, worried or frightened.



Creative Therapy involves play, songs, stories and art.



Therapy can be fun, but it can be hard. The therapist will make sure that you are okay.