

What to expect in YOUR FIRST APPOINTMENT



Preparing for your first session with a counsellor or psychologist?

Here's what to expect...

- 1 Introduction**
We'll get to know each other a bit and talk about things like the structure of your appointments and confidentiality.
- 2 Assessment**
We'll chat about what support and resources will best suit your needs and lifestyle.
- 3 Goal Setting**
We'll talk about what goals you'd like to achieve, and this will help guide your next sessions.



More info and watch the video.



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