

Hello!

My name is Tammy and I am a counselor. If you are reading this letter, you, your parents or someone else that cares about you suggested that you come and meet with me. I really get excited about meeting people once I hear about them over the phone. I love being a counselor because I am introduced to new people all the time!

I'd like to tell you a bit about what I do. I meet with young people, parents, sometimes grandparents and friends and talk with them about the things going on in their lives. I have toys and young people can choose to use them to help communicate what is going on in their lives. For example, I meet with kids who may be worried about their parents' separation or divorce, kids may be having lots of angry feelings at home or school or kids who are afraid to leave their mum to go to school, or even kids who are getting teased by other kids or even kids that feel sad and much more.

Kids and parents usually feel much better about things after we get together. This is the best part for me!

If you have any questions, I would love to answer them. I can't wait to meet you in a few days!

Warmly,

*Tammy*

