

COUNSELLING CORNER

Endings and Beginnings.

Changes are happening all around us and within us, they are part of life but sometimes changes, even good ones, can take time for us and our children/teens to get used to.

As the school year comes to an end and the summer vacation begins we may find the thoughts, feelings and behaviours of our children and teens change too. Maybe they need our help to say goodbye to a place or person, to understand and process conflicting feelings, to accept changes as part of their journey and to celebrate how far they have come and where they are now. Remind them of the good times, give them hope for the new times and be their “constant”, be their “person” as they continue to accept, adapt, grow, learn, and change.

