

Stephen's Place and Me



A children's guide to Stephen's Place therapeutic service



Alisha's story



Will it be like school?

What happens there?

What about the days I don't want to be there?

Is it OK to talk about things?

How long will I have to go for?

What will it be like?

What will the adult I see be like?

Is it OK to be scared?

Can someone come into the room with me?

This is my story about what happened when I went to Stephen's Place

Life was not easy – there had been a lot of changes and I had seen and heard things at home that made me feel scared and sad. I used to pretend these bad things were all a dream. Sometimes, this did not work and I would wake up with bad dreams or lie awake late at night listening to arguments at home.

One day after school, I was told I could go somewhere called Stephen's Place. It's a safe place where young people and children can go when they're feeling muddled about things they might have seen or heard at home.

The first time I went I felt scared and worried – what would it be like? When I got there, I was met by a person who smiled at me. She told me her name and asked if I wanted to see the room we would go to each week.

I was a bit afraid at first but when I saw the room was full of paints, toys and games, I knew it wasn't like school. I started to feel a little excited about this special room and having time just to be me-but I didn't say.

The adult said we would meet at the same time on the same day each week and that I could choose to do or say whatever I wanted. I felt a bit shy so I didn't ask any questions but I knew I could if I wanted. The first visit was quite fun. The next time I came back, I felt less scared. The same adult met me and we went into the special room.

I began to realise that this adult was there just to be with me. We did what I wanted to do. Sometimes we played, painted or talked about things that made me feel scared or angry. Other times I didn't want to talk. Nobody made me talk if I did not want to.



Alisha's story continued.....

Sometimes I wanted to come to Stephen's Place. Sometimes I didn't. The adult who spent time with me said it was OK to feel like that. Some days I felt angry, some days I was sad and other days I just wanted to hide.

When my time at Stephen's Place came to an end, I felt sad and a bit angry that I had to move on. My teacher at school says that all stories must have an ending. This is my story. I learnt that if I let my feelings out, I felt better. Stephen's Place helped me realise that what happened was not my fault. It's was OK to feel happy, it was OK to feel angry but most importantly, it was OK TO BE ME!



Stephen's Place Children's Centre provides a range of specialist services for children and families. If you would like to find out more, please visit our website, or contact us directly:

Phone: 020 8748 8298
Email: therapy@dvip.org
Website: www.dvip.org/childrens-zone
For parents/carers: www.dvip.org/therapy-for-children

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