

Practical support for Parents, Gentle guidance for children



Understand * Support * Empower * Thrive



What if your child had simple tools to feel calmer, braver & more in control every day?

Imagine the difference it could make —
fewer worries,
less stress & a happier,
more confident child

With gentle strategies that are easy to learn & use, your child can begin to:
✨ Build confidence & self-esteem
✨ Manage worries, stress & big emotions
✨ Feel calmer & more capable in everyday life

As your child grows stronger emotionally, the whole family enjoys a more peaceful, balanced home life.

Give your child the gift of calm, confidence & resilience — enjoying the ripple effect it brings to your family



Parents, you're not alone.
So many children today face worries, anxiety, anger or low confidence — as a parent, it can feel overwhelming knowing how best to help.



Imagine if your child could...
✨ Sleep more peacefully
✨ Feel calmer & more in control
✨ Handle big emotions with confidence
✨ Build self-esteem & resilience for life's challenges

When children learn simple tools to manage stress, worries or emotional outbursts, they begin to thrive & the whole family feels the difference.



Every child is unique, which is why support is tailored to their needs, giving them the gentle guidance & practical strategies they need to grow stronger day by day.
As your child feels happier & more confident, you'll see a more balanced, peaceful home life

Imagine if your child had a safe, supportive space to explore their feelings & discover simple ways to manage them

Sessions are fun, interactive & tailored to your child's age & personality — so they stay engaged while learning tools that truly help

So, what will your child learn?

✨ Calming techniques they can use anytime
✨ Build emotional awareness to recognise & manage feelings
✨ Develop healthier ways to cope with challenges at home or school
✨ Gain lifelong strategies for when life feels overwhelming

The result?
A calmer, more confident child & a brighter, more balanced home life for the whole family

By making sessions engaging & child-friendly, children not only feel more in control of their emotions, they also carry these skills with them into everyday life



Provider of St Helens Council HAF Provision since 2021

Real Stories – Real Change

Every child is different, but one thing is always the same
The right support at the right time can change everything.

✨ The support I offer is bridging a gap where otherwise parents would be left not knowing where or who to turn to

Children who didn't meet CAMHS thresholds
have benefited massively with my services
I'm seeing improved mental health, reduced GP visits
and stronger family relationships

Ready to Take the Next Step?

Whether you're a parent, educator or health professional, getting started is simple:

✨ Step 1: Download the brochure that's right for you from my website

✨ Step 2: Make an enquiry or referral
Send a message, book a call or make a referral.

✨ Step 3: Begin the journey
Together, we'll explore the right support —
whether it's 1:1 sessions, group programmes
or collaborative input

ABOUT LES ROBERTS

I'm Les Roberts, an Advanced Children's Therapist, based in St Helens

I'm passionate about helping young people feel calmer, happier & more confident in their everyday lives

With over 25 years experience working with children, I've seen many struggle with worries, anxieties, big emotions or low confidence & how this can impact not only them, but the whole family

My work is all about giving children a safe, supportive space where they can explore their feelings & learn simple, practical tools to manage them

Book a free initial discussion
Sessions online or in person

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