



THERAPEUTIC LIFE STORY WORK

“Making sense of my story”

Sometimes our experiences can leave us with questions, confusion or mixed emotions. Therapeutic Life Story Work provides a safe space to explore your story, understand your experiences and make sense of what has happened. Together, we'll create a personalised Life Story Book that helps you understand your journey and move forward with confidence.

IS THIS FOR YOU?

Our services are for young people who:

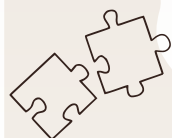
Want to explore their story, identity and sense of belonging.

Have experienced change, loss or challenges.

Have questions about why you are in care, your family, relationships or journey.

Want to better understand themselves and their supports.

Want their story captured in a way that is meaningful and uniquely theirs.



ALL ABOUT ME

“Discover who I am today”

Explore what makes you unique your interests, strengths, culture, favourite things, important people and dreams. Through creative activities and conversations, we'll create a personalised All About Me Book that celebrates who you are and what matters most to you.

MORE ABOUT ME

“Learn more about my story”

If you've ever wondered about your story, your family, or where you come from, this process gives you the opportunity to explore those questions in a safe and supportive way. Together, we'll uncover more about your journey and create a personalised More About Me Book that captures the story you discover.



Understanding your story is the first step towards understanding yourself. We are here to walk alongside children and young people on that journey.

Contact info

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