

Visual story: Attending Therapy and Workshops



Please read this before you attend your session. If you have any questions before, you can email the team at:
roots@groundwork.org.uk

Visiting a Family Hub

The Roots holds therapy online and in person. We have spaces based in the Family Hubs in the borough. Your therapist will let you know **Where** and **When** your session is.

Queens Road Family Hub



The Junction. The Leytonstone Family Hub



Walthamstow Family Hub



You do not need to bring anything to your sessions.

When you arrive

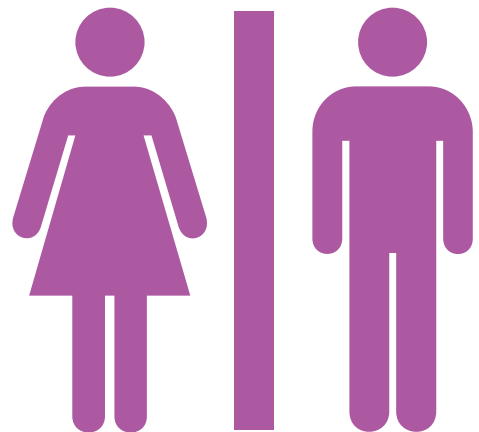
You will go into the Family Hub, and you will speak with the receptionist. You could say, "I am here for therapy with The Roots."

The receptionist will ask you to sign in. This is for health and safety to ensure we know who is in the building.



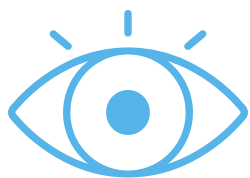
They will let your therapist know you have arrived. They may ask you to sit and wait to be collected to go to the therapy space.

Your therapist will show you where the bathrooms are on your way to the therapy room. You could also ask the receptionist while you wait.



Sensory Experiences

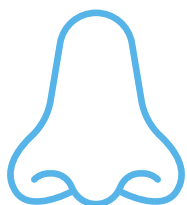
Please contact us before attending to let us know about any adaptations you need or specific concerns you may have.



In the main waiting areas, there may be bright lights. If you're sensitive to this, feel free to wear sunglasses or your hood if it helps. The therapy spaces often have softer lighting, and the therapist can adjust the lights as needed.



During reception hours, you can expect greetings in the main waiting areas. Family Hubs might have children visiting. If the waiting area feels overwhelming, talk to your therapist about strategies to reduce wait times.



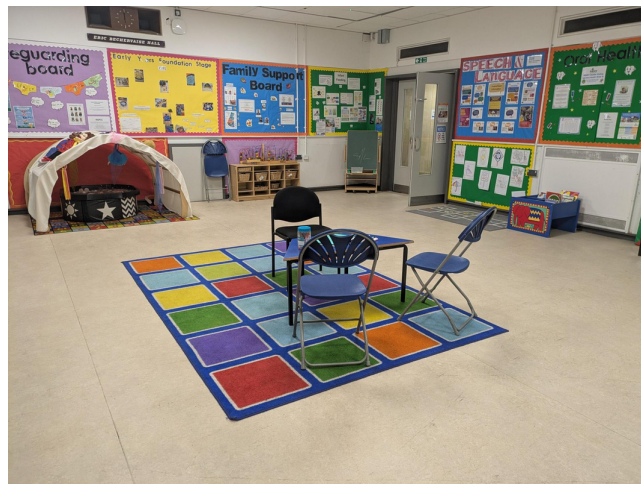
In the main waiting areas, there is usually fresh air. You might notice the smell of coffee and food from staff making a quick snack in the nearby kitchen.



In the main waiting area, you might feel a light breeze from the main doors opening and sit on soft cushion chairs while you wait. Your therapist will open doors for you.

Therapy Rooms

Your therapy room may look like this.



Our Therapists

You may see other therapists while you wait,
and they may say hello.



Kat Jenkins

Systemic Family
Therapist



Cochisa Paul-George

Integrative Therapist



Juli Salgado

Integrative Therapist