

Play Therapy @ Express

Play Therapy sessions at Express are completely tailored to the unique needs of your child. We use a child-led, play-based approach which prioritises creating a sense of safety and trust for your child to allow us to build a positive, joyful relationship.

We are dedicated to creating a space in which every child is welcomed and accepted exactly as they are. Through play children can express themselves freely, discover their unique voice, and work through challenges at their own pace. It is deeply meaningful to walk alongside each child on their journey, supporting them as they discover their own path forward.

We are passionate about supporting Autistic children to be their whole authentic selves and centring joy for all children.

We offer
1:1 sessions here at Express
outreach to schools and homes.

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