Every Child Deserves to Thrive

Emotionally, Socially and Mentally

As a parent, you wish to see your child happy, confident, and resilient. But life can be challenging, and children sometimes struggle with anxiety, sadness, anger, low self-esteem, or a sense of not belonging. You want to help — but sometimes, knowing how can be difficult.

This flyer was specially created for you:
To provide clear, compassionate information that supports not only your child, but also you as a parent.

At Sole e Luna

At Sole e Luna, I work alongside children, young people, and families on their journey toward balance, confidence, and joy. I help children become more aware of their emotions, thoughts, and behaviours — guiding them, step by step, from darkness to light.

Who We Support

I work with children, teens, and young adults aged 6 to 25, including:

- Children experiencing emotional or behavioural challenges
- Teenagers navigating identity, anxiety, or friendship struggles
- Young adults seeking purpose or direction
- Families coping with intergenerational trauma or major life changes
- Parents who want to help but aren't sure how

A Holistic Approach

I take a holistic, personalised approach — offering gentle, creative support that considers the whole child: their emotions, thoughts, strengths, and the world around them. Our sessions may include:

- Cognitive-behavioural support (for anxiety, anger, or social challenges)
- Creative methods (such as drawing, movement, or play)
- Systemic work (understanding the child within their family and social system)

Professional Care

With a Bachelor's and Master's degree in Child & Adolescent Psychology (The Netherlands), I'm dedicated to high-quality, compassionate care.

Curious to Learn More?

Let's have a chat.

anne-fleur@sole-e-luna.org

STRUGGLING WITH YOURSELF?



WE CAN HELP!

Sole e Luna

Guidance from darkness to light

www.sole-e-luna.org
anne-fleur@sole-e-luna.org

A Place That Feels Different

A Story for Young Adults

Some days feel heavier than others.
You wake up tired even after sleeping, or your head feels messy, too full of thoughts that don't stop.
Maybe it's sadness. Maybe it's worry.
Maybe it's nothing you can even name.

You might try to carry it on your own, pretending everything's fine.
Smiling at school, nodding along with friends, answering "I'm good" when someone asks.
But inside, it's not that simple.

Then one day, you hear about a place.
A space where you don't have to explain yourself.
Where nobody tells you to hurry up or "get better".
You can talk if you want to. Or draw. Or sit quietly. Or just breathe.

The first time you go, you're not sure what to expect.
It feels strange, maybe even uncomfortable.
But then you notice: No one is judging, no one is pushing.
The room feels... safe.

And for a moment, the weight you've been carrying doesn't feel quite so heavy.
You realise you don't have to go through it all alone.

A tiny, inner light starts to sparkle.
You are heard.
You are seen.



Everything is Okay!

You can:

- Talk about what's really going on
- Learn how to handle stress, anxiety, sadness, or anger
- Open up about home, school, work, friendships, or love
- Understand yourself better, who you are and what you need
- Just be quiet and breathe for a while, no pressure

You're in Control!

Some people just want to talk once or twice. Others need more time.
You can come alone, or bring someone you trust. We'll figure out what feels right, together.

- A calm, safe space where you can be yourself
- Coaching or conversations at your pace
- Practical tools for challenging moments
- Someone who listens and sees you for who you are

Your story matters.

If you're ready to let your light shine, I warmly invite you to get in touch.
Send us a message. Or ask a parent, friend, or teacher to help reach out.

~ Fleur

Scan me Scan me

Stories of Growth

"From the beginning onwards, I felt heard and understood. It feels like I rediscovered myself." S. - 23 YRS

"Anne-Fleur is very easy to talk to and I am thankful to have had someone like her in my life who listens carefully and provides advice whenever needed." J. - 13 YRS

"I have always been able to share my thoughts and feelings with you. I have learned a lot about myself, which has helped me grow." I. - 18 YRS

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