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 towards 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.

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A Gentle Place for Big Feelings



Sole e Luna

Guidance from darkness to light

www.sole-e-luna.org
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A Gentle Place for
Big Feelings

A Story for Children

Once upon a time, there was a child named Luna.
Luna often felt a lot.
Big feelings that buzzed like bees or rumbled like thunder.
It was sadness like rain, anger like fire,
or fear like a whisper that wouldn't go away.

Luna tried to smile.
Tried to be good.
Tried to be quiet.
But the big feelings stayed.

One day, someone called Sole showed Luna a special place.
It was calm. It was kind.
It was a place where feelings were allowed to be seen and heard.

In this place, no one said "you're too much".
No one said "just forget about it."
Instead, they asked:

"Would you like to draw your feelings?"
"Would you like to play it out, scream, sing, move?"
"Would you like to just breathe for a bit?"

Luna looked up and asked:
"Can I really do that?"
And Sole smiled and said:
"Yes. You can. This is your safe space."

There were days on which Luna had so many questions:

"Why do I feel like this?"
"What if I'm not good enough?"
"What if I never feel calm again?"

There were no easy answers.
But something happened along the way.
The feelings started to untangle.
Like little knots in a string, gently undone.
And in this calm, kind space, Luna found a bit of peace.
Then a little strength.
And then... a tiny, inner sparkle of light.

Not because someone fixed the feelings.
But because someone saw them.
And listened.

Hi there!

Just like Luna, you might have big feelings too.
Sometimes you might feel sad, mad, worried, or a little confused.
Maybe your tummy feels weird, or your chest feels heavy.

Talking can help. But so can drawing, playing, moving around, imagining, or simply sitting quietly together.
Because feelings don't always come out in words, and that's perfectly okay. You will get to choose what feels right for you.

You are already brave. You are already strong.
I would like to help you feel okay again; at home, at school, and in your heart.

You can come and see me just once, or maybe a few times.
We'll figure it out together, with your parent(s) or caregiver(s).

"Your inner light is still there. It's just waiting to shine again."

If you'd like to visit, you can ask your parent or caregiver to get in touch with me.

~ 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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