



# OCCUPATIONAL THERAPY





# Hello!

My name is Marianne Thoeun. You pronounce my name "Mary-Ann" and my last name "Turn"- it is nice to meet you!

I am an Occupational Therapist or "OT" and I am very much looking forward to meeting you and working together.



# OT is for YOU

Every person will do different activities in OT depending on their goals. We work on things that YOU would like to improve on! Here are some examples...



We spend time moving and strengthening our bodies!



We can do activities that make your hands stronger so that you can play, draw and write!



We can work on ways to help us feel calmer and happier when we feel overwhelmed



We can work on ways for you to look after yourself more independently at home, school, or when out in the community.

And most importantly...

**Have FUN!**

