

6 Benefits of Therapy for Children and Adolescents

Is your child having difficulty coping with anxiety, loss, behavior or relationships? If so, here are some benefits individual therapy and play therapy can bring for children and adolescents.

- 1** Children learn to better handle changes of all kinds (family structure, medical cares, etc)
- 2** Improve ability to manage anxiety, stress, and fears
- 3** Learn to express and communicate feelings
- 4** Begin to process grief and loss of all kinds: medical, personal, family
- 5** Helps kids to continue to grow in healthy ways
- 6** Develop and use healthy and supportive relationships



Questions? Call us! **651-642-1825**
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What Therapy Options are Available for My Family?

If you or a family member are in need of mental health counseling, there are a number of options available fit the needs of each individual - whether a child, adolescent, or adult. Pediatric Home Service offers three types of counseling for families in the metro area - learn more about each option below.

Individual Therapy

- For individuals in need of support as they work through challenging experiences including medical trauma, social issues, loss and grief, abuse, divorce, anger management, and more.
- One-on-one conversation for adolescents and adults

Play Therapy

- For children with a history of medical complexities, or those in need of counseling to manage trauma, social issues, loss and grief, abuse, and more.
- Child-led play therapy sessions for kids ages 2-10

Sibling Support

- A safe space for siblings of medically complex patients to process their thoughts, work through feelings, and express themselves in a group setting.
- Siblings ages 6-11 years old who can commit to a 12 week program
- Offered 2 times each year - enrollment in spring and fall



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