Play Therapy

Description

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PLAY THERAPY

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Where Children Healâ??One Toy at a Time

For children, play is the language of healing.

When a child is hurting, they often donâ??t have the words to say it.
Instead, they show us through play.

A child whoâ??s anxious might build tall walls with blocks.
One whoâ??s sad might draw the same empty house over and over.
A traumatized child might reenact scenes quietly, without a word.

At **Share Wellness Center**, our **play therapy** program helps children ages 3â??12 process big emotions, heal from trauma, and build confidence in a way that feels natural and safe.

How Play Therapy Works

Led by our licensed child therapists, sessions take place in a specially designed playroom filled with toys, art supplies, dolls, sand trays, and creative tools. Through guided play, children:

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- Express emotions they canâ??t verbalize
- Process grief, abuse, or family conflict
- Develop coping skills and emotional regulation
- Improve behavior and social skills

We follow the childâ??s lead because healing grows best when they feel in control.

Parents Are Part of the Process

We keep parents informed (while respecting the childâ??s privacy) and offer guidance on how to support healing at home. Youâ??ll learn how to respond to behaviors with empathy, set loving boundaries, and nurture connection.

Who Benefits?

- Children with anxiety, depression, or trauma
- Kids adjusting to divorce, loss, or foster care
- Those with ADHD, autism, or behavioral challenges

Play isnâ??t just fun itâ??s essential.

Let your childâ??s healing begin in their language, at their pace.

ð??? Call us to learn more about play therapy for your child.

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Author
wellnesscenter

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