



PLAY THERAPY

The Counseling and Behavioral Health Clinic at Catholic Charities now offers play therapy as a part of its general services. Play therapy gives children the opportunity to express their thoughts and feelings in a natural, positive way that helps them better communicate emotions they do not yet have the words for.

SERVICE DETAILS

This structured, evidence-based approach allows our counselors to better understand a child's thoughts and emotions. Play therapy is known to help children improve:

- Emotional expression and regulation
- Self-esteem
- Problem-solving skills
- Healthy emotional development
- Behavioral improvement
- Healthy coping skills

For more information on how to schedule an appointment for play therapy, please call 713-874-6590

WHAT TO EXPECT

Play therapy is offered to children ages 5 to 17 years of age. Insurance and sliding scale are available as pay options. During a play therapy session, you can expect:

- 45-60 minute session
- Bilingual therapy (available upon request)
- Individualized treatment plans
- Parent consultation and support
- Warm, child-friendly playroom

**SCAN HERE
TO SIGN UP!**

