

# Why Play Therapy

A

Child-centered play therapy can help with sadness, anger, fearfulness, nervousness, shyness, anxiety, violent behavior, abandonment, abuse, divorce, etc.

B

Play therapists help children by reflecting feelings, facilitating positive self-direction, and setting limits to modify behavior.

C

Children learn to express feelings in acceptable ways that benefit the child. In time, a change in behavior is likely noticed.



CREATIVE  
EXPRESSION  
TOYS



REAL-LIFE  
TOYS

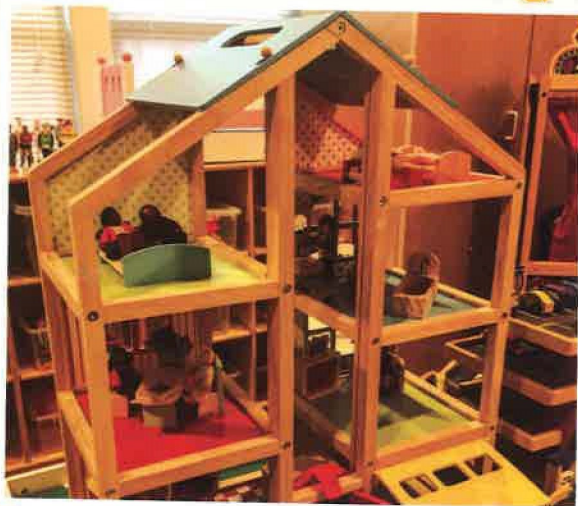
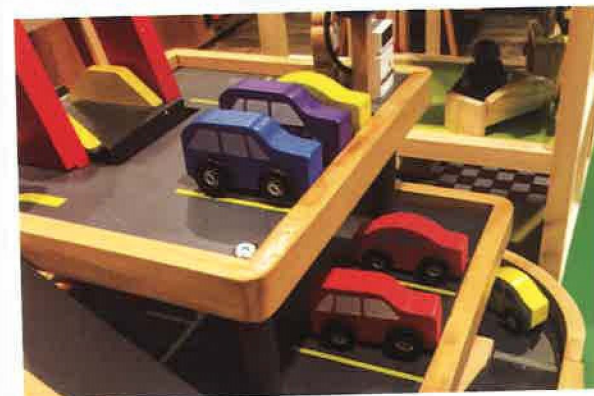
We offer free child-centered play therapy, sandplay therapy, psychotherapy, and referral services. Our intake coordinator / navigator and clinicians have first-hand knowledge and experience with military families. Our mental health staff are licensed, either veterans themselves or family members of veterans, and are trained and prepared to help every member of the family.

## Those who qualify for play therapy:

- Children of veterans ages 4 to 9.
- From all military branches
- Including active, inactive, or retired
- Regardless of discharge status

## Documents needed:

- Proof of residency
- Proof of military service
- Proof of guardianship
- Certain cases may require additional documentation



## Play Therapy

### What Is Play Therapy?

Child-centered play therapy is a method utilized to help children communicate inner experiences through the use of toys and play. Just as adults talk out their feelings, children play out their feelings in a safe and free environment. Child-centered play therapy, also called nondirective play therapy, is a nonpathologizing therapy based on the belief that children have the internal drive to achieve through self-discovery and self-exploration.