How Hazel Supports Your Young Learners

Our evidence-based teletherapy program is tailored for young children, guiding them through a customized, age-appropriate therapeutic process with strategies like:

Bibliotherapy:
Reading stories helps children identify and name their emotions.

Art Therapy:
Drawing pictures and other creative media helps young learners engage in the therapeutic process and express their feelings.

Building Emotional Vocabulary:
Sessions focus on helping children articulate their feelings through simple sentences and naming emotions.

Mindfulness Tools:
Children learn to use strategies like "belly breathing" to manage emotions, supported by fun, engaging activities.

Benefits for your child:

Build Strategies & Coping Skills
Improve your student's ability to manage and express emotions through consistent practice.

Positive Association with Therapy:
Early and positive engagement with therapy builds a foundation for future mental well-being.

Practical Strategies for Home:
Parents receive actionable strategies to support their child's emotional growth at home.

POWERED BY Hazel Health



Why choose Hazel?

Hazel Health is dedicated to supporting the **youngest learners** with **specialized care** that integrates family involvement, ensuring a holistic approach to mental health. By working together, **we can help your child thrive both at home and in school.**