

Helping your child heal and grow through play therapy



I specialize in play therapy to help your child with:

- Stress and anxiety
- Peer struggles
- Family conflict
- Behavior outbursts
- Improving self esteem and sense of self
- Emotional regulation
- School stress/issues



The Paradise Valley Unified School District neither endorses nor sponsors the organization or activity represented in this material. The distribution or display of this material is provided as a community service.

Kathryn Lowery, LCSW
520-265-1942

8707 E. Vista Bonita Dr Suite 150
Scottsdale, AZ 85255



How can play therapy help your child?

1. Increase your child's ability to regulate and cope with emotions.

2. Increase communication and decrease behavior outbursts.

3. Increase your child's self esteem and self confidence.

4. Help your child build stronger relationships.

5. Help your child build resilience and sense of self.



The Paradise Valley Unified School District neither endorses nor sponsors the organization or activity represented in this material. The distribution or display of this material is provided as a community service.

Kathryn Lowery, LCSW
520-265-1942
8707 E. Vista Bonita Dr Suite 150
Scottsdale, AZ 85255
info@aplacetobecounselingservices.com

