

DISCOVER
HOW PLAY
CAN UNLOCK
YOUR
CHILD'S
POTENTIAL.



PLAY THERAPY:

**Helping Children
Grow, Heal, and Soar!**



Nurture Nest Play Therapy and Counseling

specializes in helping children grow and heal through play therapy. Play therapy is a form of psychotherapy that uses play to help children communicate and express their feelings, thoughts, and experiences in a safe and non-threatening environment.

***Through play therapy,
your child can:***

DEVELOP COPING SKILLS TO MANAGE STRESS AND ANXIETY

BUILD RESILIENCE AND SELF-ESTEEM

IMPROVE COMMUNICATION AND SOCIAL SKILLS

PROCESS TRAUMATIC EXPERIENCES OR DIFFICULT EMOTIONS

STRENGTHEN THEIR RELATIONSHIPS WITH PARENTS,
CAREGIVERS, AND PEERS

www.nurturenestcounseling.com

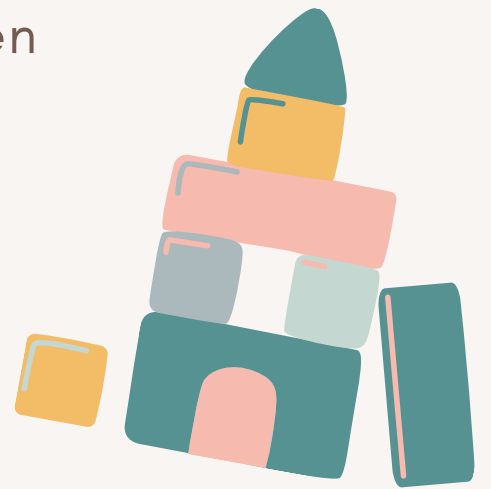
(859) 475-0234 | info@nurturenestcounseling.com

OUR APPROACH

Our licensed therapists are trained in play therapy techniques and use a child-centered, strengths-based approach to help your child achieve their goals. We work closely with parents and caregivers to ensure the best possible outcomes for your child.

BENEFITS OF PLAY THERAPY:

- Play is a natural way for children to communicate and process emotions
- Play therapy is fun and engaging, making it easier for children to open up and feel comfortable
- Play therapy can be used to address a wide range of issues, including anxiety, depression, trauma, and behavioral problems
- Play therapy can be adapted to meet the unique needs and interests of each child
- Play therapy is evidence-based and has been shown to be effective in improving children's mental health



AT NURTURE NEST PLAY THERAPY AND COUNSELING, WE BELIEVE IN THE **POWER OF PLAY** TO TRANSFORM CHILDREN'S LIVES.

If you're looking for a safe and supportive space for your child to explore their feelings, build resilience, and grow, look no further than [Nurture Nest Play Therapy and Counseling](#).

***Book your
child's
play therapy
session today!***

