



# THERAPY RESOURCES

OF MORRIS COUNTY, LLC

## CHILDREN AGES 6-8

THERAPY RESOURCES OF MORRIS COUNTY, LLC offers individual and family therapy for children needing support with expressing their feelings, self-regulation, and family systems adjustments.

Play therapy is used to help children express their feelings, understand difficult times they are experiencing and develop skills to improve mood regulation and impulse control.

Parents are an important part of the therapy process at this age. Therapy will focus on empowering parents and providing appropriate resources to support the child, parents and family as a whole.

### SERVICES PROVIDED

- Individual Therapy for Depression and Anxiety
- Parenting Support/Postpartum Transitions
- Couples/Family Counseling
- Conflict Resolution/Domestic Abuse
- Addiction/Recovery/ACOA Support
- Stress/Anger Management
- Co-Occurring and Dually-Diagnosed Disorders
- Work and Career issues
- Grief Counseling/Posttraumatic Stress
- Group Psychoeducational Therapy

### CONTACT US

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