



# THERAPY RESOURCES

OF MORRIS COUNTY, LLC

## PREADOLESCENCE AGES 9-12

At this age children start transitioning, adjusting to middle school or needing support in getting through their middle school life.

### THERAPY SUPPORTS CHILDREN TO:

- Explore interests
- Search for identity
- Make healthy decisions
- Understand relationships with peers
- Develop coping strategies for school and social anxiety

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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