



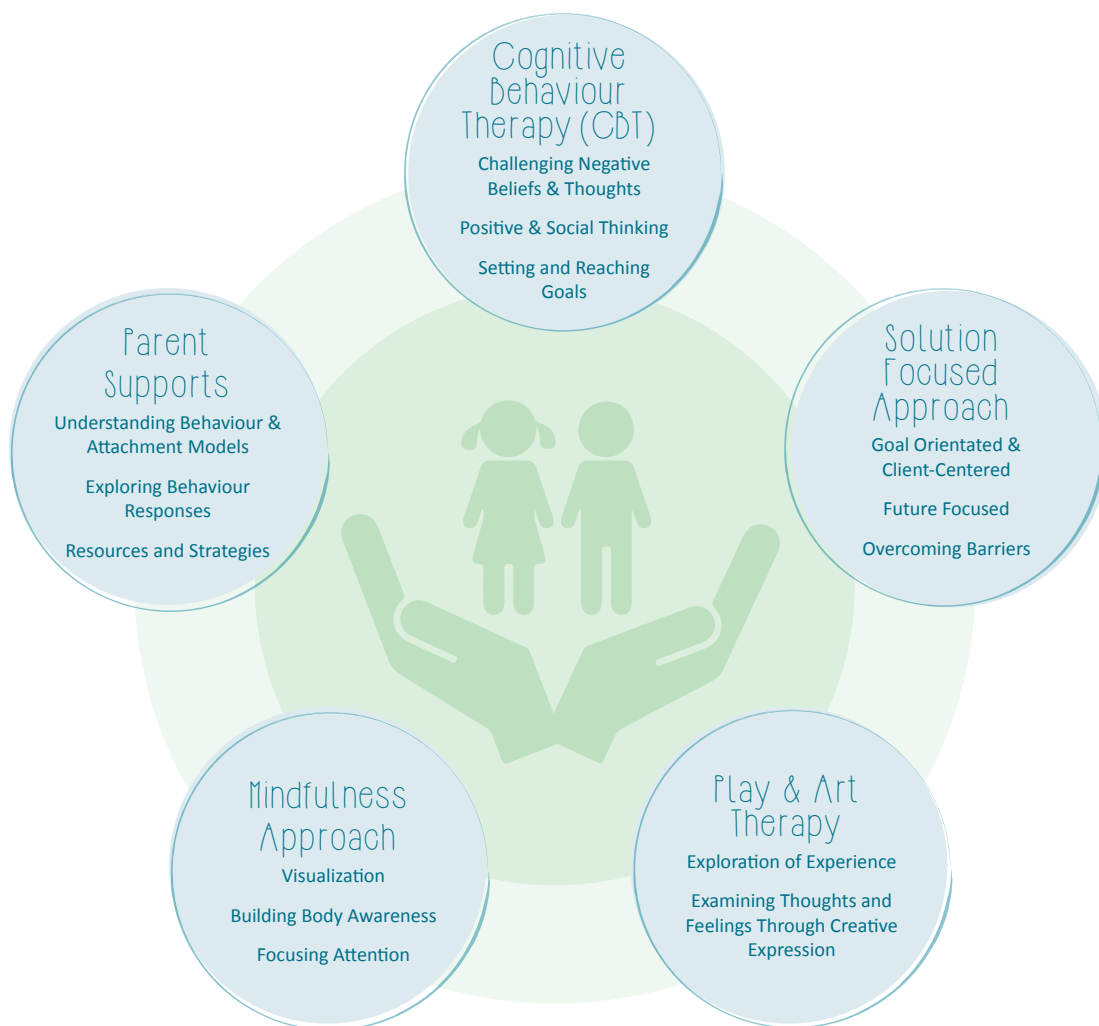
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- therapy services -

MY CHILD HAS BEEN REFERRED FOR CLINICAL COUNSELLING

What is Clinical Counseling for Children and Youth?

A Clinical Counselor provides mental health counselling to children and youth in a nurturing and positive environment. While the goals for each client will vary depending on individual and family needs, most often the goals of therapy will aim to reduce the

symptoms of anxiety and depression, developing a healthy sense of self awareness and self-regulation, goal setting for the future and developing lifelong skills for managing mental health. Here are some examples of how counseling can help your child:



Clinical Counselling can take place in the form of direct therapy time, home programmes, or consults with parents, teachers & others involved in your child's life. Therapy is in the form of play, because play is a child's main occupation and we all learn best when we play and have fun! At MM Therapy Centre, it's about understanding your child's world and how to best bring out their talents, so that they can live well and do the things they love to do.

Together, we can move mountains.