



Playful. Healthful. Hopeful.

Our Programs Serve You!



The pandemic has been stressful...the uncertainty, anxiety, isolation, and economic insecurity has impacted us all, most of all our children. To help children and families in our community cope, we're working hard to provide more services and resources.

We have a variety of programs that might benefit you and your child:

- **Child and Family Counseling:** We're still operating successfully using a [variety of methods](#), depending on families' needs. We understand that Telehealth does not work for every child, so we are pleased to announce that our therapists are now able to meet in person if necessary for your child's treatment needs.
- **Telehealth Services:** We continue to offer remote [telehealth services for children and teens](#) via online platforms to stay connected and serve families. Select programs are offering childcare and school-based counseling when necessary and allowed, while following COVID-19 safety precautions.
- **Supporting Schools:** Our [School-Based Mental Health Program](#) is co-located in schools throughout identified zip codes across the county. Our skilled therapists offer support to elementary school students as well as their teachers, parents, and caregivers.

For the health and safety of all parties, we follow best practice health directives, including use of masks and social distancing. Each child has their own play kit and therapeutic materials.

If your child or family needs support, [email](#) or call us at 561-244-9499 ext. 2 to learn more or to schedule a consultation. In addition to our counseling programs, we offer a variety of educational opportunities, workshops, and resources to support you and your child.

Learn more about our programs [HERE](#).

Supporting Mental Wellness

Take a few moments with your child or family to practice a little loving-kindness! Regular metta (or loving-kindness) meditation practice can be beneficial for both your mind and body, helping relieve anxiety and stress while promoting self-compassion.

We are always working on developing resources to help children when stressed or overwhelmed. There's also a tip sheet: [Click here](#) to view or download - and keep practicing!

[Click here](#) to visit the resources section of our website - explore the subtabs for resources we are developing to support positive parenting and wellness. Have a question or need a resource? [Email us!](#)



A Way of Being with Children



Need a Little Help Building a Stronger Relationship with Your Kids?

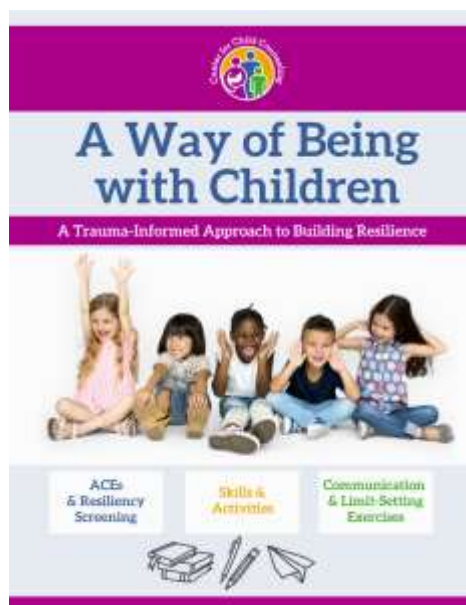
If you've tried different approaches to being with children but haven't hit on a technique that really works for you, we believe we have the answer. Our *A Way of Being with Children* manual is an educational guide for parents, caregivers, and teachers of children.

The manual provides an easy-to-understand overview of childhood brain development, the importance of building resiliency, and practical techniques for being with children -- all through an updated trauma-informed equity lens.

Learn about topics like:

- Understanding the Role of Acceptance
- Limit Setting
- The Power of Choices

Our *A Way of Being with Children* curriculum will soon be online. Hosted on our learning management system, this interactive curriculum will be available for childcare staff, teachers, parents, and caregivers at any time.



Interested in bringing the *A Way of Being with Children* curriculum to your childcare center or school? [Click here](#) to order the manual or [email us](#) to learn more about the full curriculum.

Free Groups for Children



There is a free program available to Palm Beach County parents whose children may need extra help regulating their feelings, improving their decision-making skills, and managing their behaviors.

If your child could use some help learning to:

- Improve family relations
- Develop better social

- skills
- Stay in school and stay out of trouble
- Make better choices
- Say "no" to bad associations and bad choices

Then you should consider the SNAP® Program.

The [Stop Now and Plan](#) (SNAP®) Program uses an evidence-based behavioral framework to teach children who are struggling with behavioral issues, along with their parents, to effectively regulate their emotions and use self-control and problem-solving skills.

Referrals and Costs:

- SNAP® services are completely **free** for children and their families in **Florida!**
- Please contact us [HERE](#) if you are interested in more information.
- Our trained team will be providing the program virtually.

[Learn more about SNAP® here](#)

Online Support for Parents and Children



We're working hard to create quality online content to support parents and caregivers during the COVID-19 pandemic and beyond. Many parents are asking questions about the best ways to help their children cope with the ever-changing circumstances presented by the pandemic. We believe we have some answers.

You can explore topics like:

- [**Achieving Success with Teenagers: A Guide to Effectively Parenting Teens**](#)
- [**How to Manage Sibling Rivalry**](#)
- [**Supporting Children During COVID-19**](#)

We offer plenty of [**free workshops**](#) designed with your needs in mind. We also offer other resources that help you find more creative ways to play with children and help them manage stress.

[**Click here**](#) to visit the resources area of our website.

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