

# Play Therapy

counselling for children under ten





# Play Therapy

Children are sensitive to the world around them, but they don't have the language to describe their feelings. When something is wrong, they often act out their unhappiness. It's difficult for parents to interpret and manage children's behaviour, causing worry and distress for everyone.

---

*children and families heal faster when working together*

---

Our Play Therapy Service helps children who are experiencing ...

- ▶ anxiety and depression
- ▶ anger or tantrums
- ▶ trauma
- ▶ bereavement or loss
- ▶ family problems

Toys are like the child's words and play is their language. Through play, children can express their feelings and learn new skills.

member of Relationships Scotland

[www.avenue-info.com](http://www.avenue-info.com)

01224 587571 ▪ [aberdeen@avenue-info.com](mailto:aberdeen@avenue-info.com)

01779 490790 ▪ [peterhead@avenue-info.com](mailto:peterhead@avenue-info.com)

01343 540801 ▪ [elgin@avenue-info.com](mailto:elgin@avenue-info.com)

**AVENUE**  
a new direction