

Transforming Lives Through Therapy

"Ways Therapy Can Help Your Child Thrive in School"

How Therapy Helps:

1. Emotional Regulation

Safe space to understand emotions & practice calming tools like deep breathing and movement breaks.

2. Social Skills

Improved communication, turn-taking, and conflict resolution to strengthen peer relationships.

3. Problem-Solving

Guidance in thinking through choices before acting to reduce impulsive behaviors.

4. Self-Esteem Boost

Confidence grows as children learn they can manage emotions and succeed in school.

5. Support for Parents & Teachers

Strategies and consistent approaches that create a supportive environment at home and school.

A Positive Start to the School Year

Therapy helps uncover the why behind behaviors and builds lasting skills for success—inside and outside the classroom.

As both a therapist and reflective supervisor, I've seen how therapy transforms a child's confidence and connection—giving them the roots and wings to thrive.

— Charisse Dawkins, LCSW

