

## **OTHER SERVICES OFFERED:**

- Family and couples' counselling
- Legal advocacy
- Men's counselling and men's support groups
- Sexual assault support
- Women's counselling - individual and group
- Children in Between - families experiencing separation/divorce
- Children who witness abuse counselling
- Play and art therapy
- Supervised access visits
- Counselling for children and teens
- Transition house (604-792-3116)
- Parenting Time

## **HOW YOU CAN SUPPORT ANN DAVIS SERVICES:**

### **Donate:**

All monetary donations to the Ann Davis Transition Society are fully tax deductible.

### **Volunteer:**

All material, household, and clothing donations can be dropped off at our Thrift Store located at 46230 Yale Rd. Phone 604-402-0014.

- Thrift Store
- Administrative support
- Fundraising & Events
- Child Care

Please note that counselling is not done by volunteers at Ann Davis.

*ADTS reserves the right to refuse or withdraw services at our discretion.*

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[www.anndavis.org](http://www.anndavis.org)**



# **PLAY THERAPY**



**ann davis transition society**

# ***What is Play Therapy?***

## **And how can it be helpful for families?**

Play is the language of children and toys are their words. Children often struggle with the process of expressing their thoughts and feelings verbally. This is why counsellors will use play therapy as a way of indirectly talking about what might be troubling to the child.

We do this by using various mediums such as: sand play with toys, puppets, arts & crafts, painting, books, storytelling, and activities which help to build coping skills.

The children's counsellor uses play therapy to help children cope with many different situations such as: fears, anxiety, nightmares, dealing with and expressing emotions in a healthy way.

The children's counsellor provides a safe place for children to talk about or express feelings. They also work with the family to build stronger attachment relationships for parents and children. The children's counsellor looks to build on the strength that the family possesses and equip the family with new tools for how to deal with their feelings in a healthy and productive way.

The children's counsellor uses a client-centered approach by allowing the children to be the directors of their work. Sessions are tailored to each individual child. All children, just as all people, process their thoughts and emotions in different ways.

Play therapy can be a powerful tool as it is a non-verbal way to address what children may be struggling with. Play Therapy can help to enhance self-esteem, to strengthen family relationships, to expand their vocabulary for emotions, and to build on healthy coping skills which they can then use, to deal with various situations, for the rest of their lives.

