

Summer Therapy?



Although summer is associated with vacations and downtime it is also a **powerful time** to focus on our child's or teen's **emotional, behavioral, and developmental health** through therapy.

Summer offers a crucial shift.

With the pressure of school reduced, the brain and nervous system become more receptive to learning, introspection, and change.



Maintaining consistent sessions or increasing frequency of therapy during the summer can **accelerate growth and self-awareness**. *Why?*

- Consistency builds momentum
- Reduced load enhances learning
- Real time skill application
- Strong therapeutic relationships

This change of rhythm may provide the perfect opportunity for **you** to prioritize your own well-being and personal growth too.

By the time the fall semester begins, you all would be starting from **a stronger foundation** of stability and confidence.



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