



Aspenwood Counseling and Behavior Center, Inc.  
1305 Albion Avenue  
Burley, Idaho 83318  
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## NOTICE TO PARENTS AND GUARDIANS

Aspenwood Counseling's goal is to provide children with an opportunity to grow and be happy, productive individuals and family members. In the 45-minute session your child attends with his/her counselor they are asked to review their previous week and to identify any areas where they feel they fell short of their goals and the areas where they met or exceeded their goals.

Through games and play the counselor strives to provide the child with the ability to identify their emotions using words, develop a clear understanding of what those words mean. The child and counselor choose what actions or behaviors they would like to address, work on problem solving skills and goal setting.

Participation from parents, guardian and family members is essential to provide an understanding of what is happening at home and school from more than one perspective. Aspenwood Counseling requires a family session every fourth session to better serve the child's needs. When the parent/guardian's point of view is presented, the perspective of the child can be considered through the parent's eyes as well as their own. Children, even adults, want to present themselves in the best possible light and often 'forget' to mention important events.

Aspenwood's counselors want to address the mental health and behaviors of the child 24/7 and are only provided with limited information events when the child is the only source of information. Family sessions may be scheduled to include just the parent/guardian; parent(s) and child or the entire family.

Family sessions, every fourth session, will be required beginning 1/1/2020 to continue individual sessions with children under 16 years of age at Aspenwood Counseling.

Receipt of the Notice to Parents and Guardians is acknowledged.

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Parent/Guardian

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Date