



# Mental health matters

## PLAY THERAPY with Adults

Play Therapy is beneficial for clients of all ages including ADULTS!

### What are the Therapeutic Powers of Play?

- Facilitates Communication
- Fosters Emotional Wellness
- Enhances Social Relationships
- Increases Personal Strengths

### Types interventions for Adult in Play Therapy:

- Sandtray
- Expressive Arts
- Tabletop Gaming in Therapy
- Digital Play
- Role Playing, music, poetry, dance and more.



Visit our website



**988** is the new National Suicide Lifeline, find out more information by scanning the QR Code.

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