

**HOW CAN I MAKE A REFERRAL  
OR  
SCHEDULE  
AN APPOINTMENT?**

Contact us today:

**Call: 203-599-1492**

**Email:** [admin@ctkidsmatter.com](mailto:admin@ctkidsmatter.com)

**Fax:** 203-433-0669

Information needed:

 Name  
 Date of Birth  
 Insurance Type & Number

**Insurances accepted:**

**Medicaid - Husky - Aetna**

**Anthem - Blue Cross - Self-Pay**

All therapeutic services provided by  
LICENSED CLINICAL THERAPISTS  
LCSW/LPC/LMFT/PhDs

“Safety is not the absence  
of threat.....  
It is the presence of  
Connection”

- Dr. Gabor Mate’



**COMPREHENSIVE  
COUNSELING SERVICES**

For ALL AGES including:

**Children  
Adolescents  
Young Adults  
Adults &  
Families**

*You are not alone, we are here to help.*



**CT Kids Matter**  
416 Highland Ave, Bldg B  
Cheshire, CT 06410  
**(203)599-1492**  
[admin@ctkidsmatter.com](mailto:admin@ctkidsmatter.com)  
<https://ctkidsmatter.com/>

## Counseling in-home or in-office

Providing counseling services flexibly utilizing a non-judgmental approach in your home (via telehealth or in person) allows you and your child(ren) to be in the environment you are most comfortable, alleviate the need to attend one more out of home appointment, and maintains your confidentiality. We also have a brand new office in Cheshire to support those most comfortable in a traditional therapy environment.

### HELP WHERE YOU NEED IT

Many times, parents and foster parents describe behaviors they are seeing in their homes which were not always apparent in outpatient office-based therapy sessions.

By providing flexibility to support families directly in their homes, in person and via telehealth we provide a better opportunity to provide intervention and support where challenging behaviors and breakdowns in communication occur.

In-home therapy allows for children and families to begin to restore healthy functioning, improve communication, and heal relationships through connection.

### Evening and weekend appointments available

#### Specialized Expertise in:

Special Education Advocacy  
Child Welfare (DCF) involvement  
Juvenile Justice & Adult Probation  
Family Services/Family Relations  
Office of Victim Advocate  
Guardian Ad Litem, and  
Family Court system collaboration

## Children's Therapy Services

Specializing in:


Anxiety  
Depression  
School Avoidance/Refusal  
Attention and hyperactivity (ADHD)  
Attachment / Permanency  
Reactive Attachment Disorder  
Foster Care / Adoption  
Anger/ disruptive behaviors/  
outbursts oppositional behaviors  
Trauma  
Divorce/Custody  
Adjustment and transitions



## Adolescent Services

Teenagers and pre-teens are in need of establishing a trusting professional therapeutic relationship before behavior changes can begin.

Expertise in providing therapy and treatment to youth who have experienced:

Trauma, losses, depression, anxiety, school phobia, truancy, high risk behaviors, substance use, runaway, low self-esteem, self-injurious behaviors, hospitalizations, family conflict, grief, transitions, bullying, truancy/school related challenges LGBTQIA+ Ally 

## Permanency Work

Clinical interventions with children in foster/adoptive homes are trauma-informed and include: permanency-based lifebook work, identity formation, building healthy relationships and connections as well as integration of various evidence based interventions  
Nurtured Heart Approach™ and 3-5-7 Model™

## Adult Therapy Services

Individual counseling for support with:

Anxiety  
Depression  
Post-Partum & Women's Needs  
Trauma  
Divorce/Separation  
Life stressors  
Domestic/Intimate Partner Violence  
Criminal Justice Involvement  
Family and parenting support,  
attachment/connection building,  
and parenting psychoeducation



## Family Therapy

Family therapy can occur in-home or in our office in Cheshire. Family therapy helps parents and caregivers to establish healthy, safe boundaries, improve relationships, develop healthy communication, promoting attachment and connection.



## Professional Therapeutic Supervised Visitation

Visitation provided by licensed clinical professionals trained in promoting attachment and connection, parenting education, and maintaining, improving and restoring healthy relationships between adults and children.

Therapeutic visitation includes a healthy snack, age appropriate toys and games, and is facilitated in our Cheshire office.

### Please note:

**Supervised Therapeutic visitation is NOT therapy and is not reimbursable by insurance.**

Transportation is not provided.