



Seasons Counseling Center

Helping Children Learn to Manage Big Emotions

Teaching Skills to Build Emotional Regulation and Resilience

Therapy helps children identify, express, and cope with difficult feelings, developing skills to handle frustration, soothe themselves, communicate needs, and feel confident managing emotions.

Modalities We Use with Children & Adolescents



Play Therapy

Children process feelings through toys, art, and creative play.



- * **CBT (Cognitive Behavioral Therapy)**
Helps children manage thoughts and actions.
- Identifying thoughts, feelings, and actions.

* **DBT-Informed Skills**

Teaches tools like breathing mindfulness, and distress tolerance to handle big emotions.

* **Trauma-Informed Care**

Sensitive to children who have experienced past trauma.



- * **Family Involvement & Parent Coaching**
Empowers parents to support your child's emotional growth.



We're Here to Support Your Child



Call: (573) 327-9841



<https://seasoncc.com/>