



LITTLE LIFE WARRIORS Play Therapy


Child-Centered Play Therapy
Evidence-Based
2-12years
No referral Required

**Play Therapy helps
Children to:**

- **Take on more responsibility for their actions and devise effective strategies.**
- **Create innovative solutions to challenges.**
- **Foster self-respect and acceptance, as well as respect for others.**
- **Improve emotional awareness and expression.**
- **Nurture empathy and appreciation for the thoughts and emotions of others.**

Face-to-face Play Therapy
Outreach Play Therapy
Teleplay Therapy
**CPRT Child Parent Relationship
Therapy**
Educator Training
LEGO Based Therapy
**Early Childhood Intervention
Support**
**Social and Emotional Learning
Program**

Contact Alison:

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“It takes sunshine and rain to make a rainbow. There would be no rainbows without sunshine and rain.”

PLAY THERAPY

FREQUENTLY ASKED QUESTIONS

What is Play Therapy?

Ever wondered what Play Therapy is all about? Picture this: it's like a magical toolbox for child therapy, where toys are the secret language and play is their superpower! Skilled therapists dive into this world of play to help kids express their thoughts and feelings when words just won't cut it. It's like a fun, creative way for children to chat with their emotions!

*"Enter into children's play, and you will find the place where their minds, hearts, and souls meet."
Virginia Axline*

Could Play Therapy benefit my child?

Studies show that play therapy is effective for children dealing with various social, emotional, behavioral, and learning challenges, such as:

- Anxiety
- Divorce
- Trauma
- ADHD
- Autism Spectrum Disorder
- Death, grief, and loss
- Chronic illness
- Physical and/or sexual abuse
- Domestic violence
- Natural disasters
- Social and relationship issues



Alison Colville

- Registered Play Therapist
- Experienced Early Childhood Teacher for 30 years.
- LEGO-Based Therapy Practitioner.
- Has personal experience with neurodiversity and neuroaffirming approaches.
- Adopts a strength-based, person-centered, and compassionate approach with a strong passion for the transformative impact of play.



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