

# OUR SERVICES

**Individual Therapy:** One-on-one support tailored to young children's developmental and emotional needs.

**Family Therapy:** Strengthening caregiver-child relationships and supporting healthy family dynamics.

**Neurofeedback:** Non-invasive brain training to support emotional regulation, attention, and nervous system regulation.

**Play Therapy:** Therapeutic play to help children express emotions, build coping skills, and process experiences in a developmentally appropriate way.

**Art Therapy:** Creative expression to support emotional healing, communication, and self-awareness in young children.



# ABOUT US

Shine Counseling's Child & Family Center provides compassionate, trauma-informed care for children ages 0–6 and their families. Our team specializes in early childhood development, offering play-based therapy and caregiver support to strengthen emotional bonds and build healthy foundations.

We believe in partnering with families to create safe, nurturing spaces where children can grow, heal, and shine.

## GET IN TOUCH



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Shine Counseling's  
**Child & Family Center**  
Now Accepting Referrals  
for Ages 0–6

Shine Counseling's Child & Family Center offers early childhood therapy and family support in a warm, play-centered setting. Our trauma-informed team partners with caregivers to build strong attachments and support emotional growth.

Now accepting new clients—referrals welcome!



**Shine Counseling**  
*We're meant to heal*



## WHY CHOOSE US?

At Shine Counseling's Child & Family Center, we provide thoughtful, relationship-based care that honors each child's unique journey:

### Specialized in Early Childhood

Our team is trained to support the emotional and developmental needs of children in their earliest years.

### Whole-Family Focus

We collaborate with caregivers to build stronger connections and support lasting change at home.

### Creative, Engaging Therapy

Children explore emotions and build skills through play, art, and movement in a safe, welcoming space.

### Brain-Based Support

We offer neurofeedback and other innovative tools to help regulate the nervous system and promote long-term wellness.



## KEY BENEFITS

### **Child-Centered & Developmentally Appropriate**

We meet little ones where they are with age-appropriate, compassionate care.

### **Family-Focused Support**

We strengthen caregiver-child bonds and support the whole family system.

### **Creative & Play-Based Therapies**

Healing through play and art helps children express, process, and grow.

### **Innovative, Brain-Based Tools**

Neurofeedback and trauma-informed care promote lasting emotional resilience.

“Tiny hearts. Big potential. We walk with families as they grow.”

— Shine Counseling

