

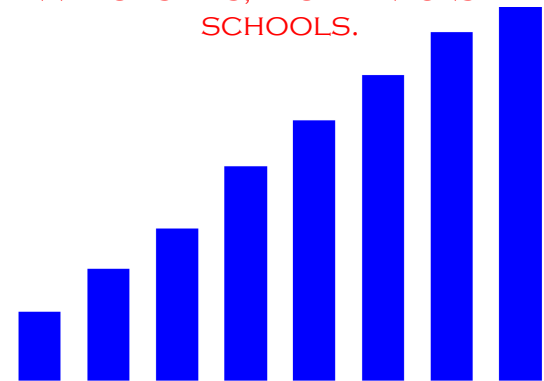
ASPIRE COUNSELING AND CONSULTING



Play Therapy

OUR MISSION

ASPIRE COUNSELING & CONSULTING'S MISSION IS TO INSPIRE OUR CLIENTELE TO ASPIRE TO THEIR FULLEST POTENTIAL WITHIN THEIR COMMUNITIES, RELATIONSHIPS, WORKPLACES AND SCHOOLS.



"ASPIRE TO INSPIRE"®

ASPIRE COUNSELING AND CONSULTING
134 BROAD STREET • SUITE 7
STROUDSBURG, PA 18360

Helping kids

Elevate

their

spirit!

"ASPIRE TO INSPIRE"®

ALL MAJOR CREDIT CARDS ACCEPTED



PLAY THERAPY

SOMETIMETIMES IT'S DIFFICULT FOR CHILDREN TO TALK ABOUT THEIR EXPERIENCES. PLAY THERAPY MAY BENEFIT CHILDREN BECAUSE IT ALLOWS THEM TO "TALK" IN A "LANGUAGE" OF THEIR OWN. THERAPEUTIC PLAY MAY HELP THEM DEVELOP WAYS TO COPE WITH CONFUSING FEELINGS AND FIND HEALTHIER SOLUTIONS TO CHALLENGING LIFE STRESSORS.

TOYS AND PLAY, USED IN A THERAPEUTIC SETTING, HAVE BEEN PROVEN TO BE AN EFFECTIVE WAY TO COUNSEL CHILDREN WITH MENTAL HEALTH OR EMOTIONAL SYMPTOMS.

AC&C ASSISTS CHILDREN WITH:

- MANAGING THEIR EMOTIONS
- ACCEPTING RESPONSIBILITY FOR THEIR ACTIONS
- MODIFYING BEHAVIORS IN SOCIAL OR ACADEMIC SETTINGS
- RESPECTING AUTHORITY OR BOUNDARIES
- VIEWING THEMSELVES IN A POSITIVE MANNER
- ADJUSTING TO FAMILY DYNAMICS

KNOW OF A CHILD WHO HAS EXPERIENCED.....

TRAUMA

ANXIETY

DEPRESSION

HYPERACTIVITY

OR HAS DIFFICULTY WITH.....

IMPULSES

LEARNING

DEVELOPMENT

SOCIALIZING

ADJUSTING

... WE MAY BE ABLE TO HELP.

THE FACE OF
ASPIRE COUNSELING
AND CONSULTING

Angel E. McLaughlin, M.A., MEd., LPC, CBIS-T

CEO / Founder



CALL TO SCHEDULE A
1/2 HOUR FREE PHONE
CONSULTATION

*WE ACCEPT: PERSONAL CHECKS, E-CHECKS
AND MAJOR CREDIT CARDS*

ASPIRE COUNSELING
AND CONSULTING

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OUR FREE MONTHLY
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