

## Areas of Specialty:

- ◆ Trauma
- ◆ Attachment
- ◆ Anxiety
- ◆ Depression
- ◆ Foster Care & Adoption
- ◆ Child Parent Psychotherapy
- ◆ Perinatal Mental Health
- ◆ Parenting
- ◆ Stress Management
- ◆ Relational Issues

## Insurance & Payment

We accept the following insurances\*:

- ◆ Blue Cross Blue Shield
- ◆ Cigna
- ◆ MVP
- ◆ Optum
- ◆ Vermont Medicaid

Private pay and sliding scale options are available for those who do not have or do not wish to use insurance.

*\* We are happy to explore out-of-network benefits with other insurance providers.*

## Comprehensive Family Services

Therapy services are just one of the many programs at The Family Place designed to promote strong, stable families and provide positive outcomes for all young people, regardless of circumstances. We can connect you with other Family Place services, including:

- ◆ Children's Integrated Services (including Early Intervention, Nursing Services, Specialized Childcare and Family Support)
- ◆ Parent Education Programs
- ◆ 5-Star Early Care and Education Program for children 6 weeks to 3 years
- ◆ Child Care Financial Assistance Program
- ◆ Child Care Referral
- ◆ Child Advocacy Center

## Our Mission:

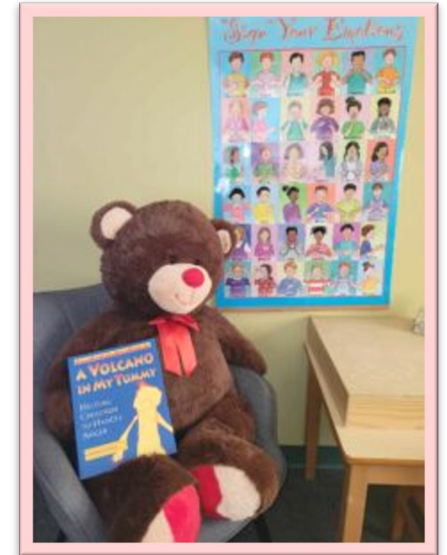
The Family Place delivers comprehensive programs designed to strengthen positive relationships, teach essential skills and promote enduring healthy growth for families with young children in the Upper Valley and surrounding communities.

**Therapy Services Program**  
319 U.S. Route 5 South  
Norwich, VT 05055

802-649-3268, ext. 108  
therapyservices@the-family-place.org



# Therapy Services Program



*Trauma-informed, strengths-based counseling services for children, teens and parents throughout the Upper Valley of Vermont and New Hampshire*



Our team of skilled therapists offer an inclusive, nonjudgmental and collaborative approach to help you and your child explore, understand and heal from trauma, loss, adversity and other mental health challenges. We honor the unique experience of each person who comes to us, creating treatment plans tailored to individual needs.



Through a combination of play, attachment, relational, somatic, cognitive-behavioral and family therapies, we help you make meaningful changes. We collaborate with schools, doctors and others who may be important in your healing journey.

Our services are available both in-person and via telehealth.

## When you come to us, you can expect care that is

- ◆ Compassionate & Respectful
- ◆ Warm & Accepting
- ◆ Gender-Affirming
- ◆ Queer Friendly
- ◆ Inclusive & Accessible

## Who We Serve

- ◆ Children of all ages
- ◆ Adolescents
- ◆ Pregnant and parenting adults

## Services Offered

- ◆ Individual Counseling
- ◆ Family Counseling
- ◆ Couples Counseling
- ◆ Child Parent Psychotherapy
- ◆ Groups for:
  - Perinatal Mental Health
  - Grandparents Raising Grandchildren
  - Parenting a Child with Trauma
- ◆ Consultation with Childcare Programs



## You Are Not Alone

Mental health struggles are not a personal failing. They stem from a combination of biological factors, life experiences and cultural and societal influences. And, mental health issues are quite common:

- ◆ About half of Americans meet criteria for a diagnosable mental health condition at some point in their lives.
- ◆ 1 in 6 youth experience a mental health condition each year.
- ◆ 1 in 14 children live with a caregiver struggling with mental health issues.
- ◆ Between 15% and 20% of birthing parents experience some type of mood or anxiety disorder during pregnancy or the first year postpartum.
- ◆ Between 8% and 10% of non-birthing partners experience mood and anxiety disorders during the prenatal and postpartum periods.

## How to get started

Our goal is to make therapy easy and simple to access. Email us at [therapyservices@the-family-place.org](mailto:therapyservices@the-family-place.org) or call 802-649-3268, ext. 108. We'll get some initial information and then assign you to one of our therapists who will reach out to you about scheduling and initial paperwork.