

Teletherapy



For parents and kids during this uncertain time



If you're anxious about how to guide, protect and nurture kids through this crisis, while juggling work obligations at the same time – you're in good (virtual) company.

Teletherapy counseling appointments are helpful, convenient, covered by most insurance carriers, and available now!

Visit our website www.bridgestherapy.com and click on GETTING STARTED

Download the appropriate **Counseling Welcome Packet**

Email your completed packet to: JPagano@bridgestherapy.com

Our Clinical Director, Janice Pagano will contact you to review options

How we manage our anxiety has a big impact on our families. This is all new, and stressful, and can quickly become overwhelming. Keeping both child and parent anxieties in check, and coping strategies will help your whole family better navigate this uncertain situation more smoothly.

- **Traditional Child or Parent-Centered Therapy:** Long-term model that aims to address mental health issues and build skills while working directly with a parent, or primarily with the child while providing parent guidance and support.
- **Solution-Based Therapy:** Short-term goal-directed therapy to focus on solutions to the issues families are facing today. The feelings of anxiety, difficulty maintaining daily structure, in providing meaningful learning experiences, and to manage behavior.