



Preschool Program

Designed for children ages 3.5-5 and their parents, the 12-session preschool program provides children a basic understanding of the changes in their family, while receiving the peer validation of a group experience. Appropriate ways to express feelings are also emphasized. Play therapy, art therapy and books are utilized with the children. Therapists meet with parents periodically throughout the program to update them on their child's progress and hear the parents' concerns. Parent participation is required.

Themes discussed in the group include:

- What Are My Feelings? Mad, Scared, Sad and Worried
- Healthy Ways to Cope with Our Feelings
- My Parents Don't Live Together
- I Can Still Love Both My Parents
- It's Hard Missing My Parents
- My Parents Will Always Love Me
- I Can Talk to Someone About How I Feel
- I Can Help Myself Feel Better