

Kid's Care: Divorce Group

Play Therapy Group for
Children

Many Alaskan children are affected by divorce each year. Children may feel isolated, anxious, responsible, helpless, angry, guilty, confused, or ambivalent. Estimates are that approximately one-quarter of all children will develop mental health disorders following parental divorce.

**Enrolling
Now !!**

Kid's Care Divorce Groups provide an environment where feelings can be accepted, expressed, and processed, with the goal of reducing the severity of the impact of the divorce on your child. Group therapy is especially beneficial to children between the ages of 5-12 because learning is primarily experiential and relational during this stage of your child's development.

- Group size is kept small (five to eight children) to ensure your child's needs are met
- Puppets, role-playing, crafts, and other structured games help your child communicate and connect
- Groups are short term in nature but can be expanded
- Groups are co facilitated by one male and one female leader
- Family and/or individual therapy sessions can be scheduled in addition to the group sessions
- EMDR therapy is available to treat traumatic experiences
- Blue Cross, Aetna, Tricare, and most major insurance can be billed
- Groups offered in Anchorage and Wasilla

Call Nick Wahl, Licensed Professional Counselor, at 907-317-9381 (Anchorage) or 907-982-0103 (Valley) to schedule a screening session for your child.

Kid's Care: Divorce Group for
Children 907-317-9381 (Anch)
or 907-982-0103 (Valley)

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