

Focus on Solutions



Focus on Solutions is a short-term solution focused program for children ages 2-10 with behavioral challenges and mental health concerns.

Our therapeutic approach focuses on the solution *NOT* the problem. We integrate play therapy to guide the child through the therapeutic process.

Children and families will be able to build and identify their strengths helping them discover solutions to the challenges.

Our program will help your child develop more effective strategies for communication, conflict resolution, anger management, behavior control and stable relationships.

Focus on Solutions integrates play therapy to guide the child through the therapeutic process so the child can:

- *identify and build on his/her strengths*
- *create individualized solutions to impact feelings and behaviors arising from anger, fear, impulsivity, aggression, isolation, or past trauma*
- *build on strengths*
- *develop more effective strategies for communication, conflict resolution, anger management, behavior control and stable relationships*



Services are offered in the home and/or child care center by Master's level clinicians

To be eligible for this program, children cannot have existing medical coverage, or must have maximized their medical benefit for mental health.

For referrals contact: (954)724-3994 or JStutt@familycentral.org

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