



Children/Teen Sessions

45-60 minute sessions

Children and teen counseling sessions play a crucial role in supporting the mental health and emotional well-being of young individuals. These sessions provide a safe and confidential environment where children and teenagers can express their thoughts and feelings openly, which is essential for their personal development. Biblical Counselors, who are trained professionals, use age-appropriate techniques to help children and teens navigate various challenges such as anxiety, depression, peer pressure, and family issues. By employing procedures like talk therapy and play therapy, counselors empower young people to develop coping skills, build resilience, and improve their self-esteem while learning who they are in Christ Jesus. Engaging in regular counseling can also foster better communication skills and strengthen relationships with family and peers, ultimately contributing to a healthier, more balanced life as they transition into adulthood.