

Does your child seem anxious, angry or not quite themselves?

Do you work with a child who has difficulty managing their emotions?

Has your family experienced grief and loss?

At **BlueSkies Counselling**, we help children overcome difficult experiences through **Child-Centred Play Therapy**. Play therapy is a form of counselling for children aged 2 to 11, and draws on well-researched theories such as child development, neuroscience, trauma and attachment (bonding) theory. Play therapy is a way of being with a child that creates a relationship of safety and trust. It aims to bring about positive changes for children like improved self-esteem, confidence and healthier ways of coping and communicating.

#### ABOUT MELISSA VILLEGAS

A registered social worker and play therapist, Melissa has worked with many families experiencing complex issues such as mental health, parenting difficulties, family violence, disability and financial hardship.

Melissa provides a safe space for exploration and healing and strives to inspire hope for a brighter day for families who are struggling. Melissa cherishes the uniqueness of each child and holds a deep respect for children's capacity to overcome distressing life events.

With a background in performing arts and dance teaching, Melissa strongly believes in the benefits of creative self-expression and child-led play therapy.



**TO BOOK** an initial parent consultation or for more info:

☎ **0434 728 776**

✉ **info@blueskiescounselling.com.au**

*Discounted fees<sup>1</sup> are available for families with a health care card. NDIS referrals accepted<sup>2</sup>.*



1 Subject to availability. 2 Self-managed and Plan-managed funding only.