

Our Services Include:

- Family Therapy
- Group Therapy
- Office-Based Therapy
- Medication Management
- Parent Support Groups
- Parent Training Groups
- Psychiatric Evaluations
- School-Based Therapy

School-Based Services

We offer school-based services in most local public school districts, offering a collaborative approach to treatment. Clinicians offer therapy services at school, working closely with families and the school system.

You will feel confident your child is in the hands of an experienced and specialized therapist who can provide a variety of individualized counseling needs. For additional information, please contact our office.



Locations:

MASSACHUSETTS:

**139 South Street
Southbridge, MA**

**161 W. Main Street
Dudley, MA**

**10 North Main Street
Charlton, MA**

Phone for all MA Sites: 508-765-2222

**CONNECTICUT:
17 Kennedy Drive
Putnam, CT**

Phone for CT Site: 860-821-2985

CHILD & ADOLESCENT SERVICES

Attentive, structured care for your whole family.





Our Services Can Help Your Family.

- Is your child having difficulty in school?
- Are they having problems making and keeping friends?
- Do they seem sad or angry all the time?
- Have they experienced a traumatic event?
- Are you having a difficult time with their behavior?

Harrington HealthCare offers a team of clinical staff who specialize in work with children and adolescents who are experiencing behavioral and/or emotional difficulties.

Our child and adolescent team offer a range of treatment approaches to suit your family's needs. Therapies offered include play therapy, art therapy, cognitive behavioral therapy, family treatment and more. Talk to your clinician to find out what services your family might benefit from.

Our therapists will work with your family to develop an individualized treatment plan that outlines goals and objectives for therapy.

Our Services Include:

Individual: This is an opportunity for the child to meet one-on-one with a therapist to discuss their feelings and thoughts. Therapy sessions can be scheduled at one of our offices or at your child's school.

Group Therapy: This is an opportunity for your child to learn and grow with others that experience similar social and emotional issues. Groups are developed to address issues such as anger management or social skills.

Psychiatric Evaluations: The decision to start your child on medication can be difficult. Your child's therapist can make a referral to one of our child psychiatrists in order to assess if medications could be helpful.

Medication Management: Once you have determined your child or adolescent can benefit from medication, they will meet with a licensed psychiatrist on a regular basis.

Family Therapy: This is an opportunity to discuss issues and concerns that impact the whole family.

Parent Groups: These groups are focused on topics and provide parents with beneficial information and skills.

We don't just work with children—we work with the entire family. We incorporate everyone as a part of treatment and assist with identifying parenting skills that are the best match for your child's learning style.

