

# CARE SESSIONS



## Collaborative Approach towards Resilience and Engagement

Clinical, interactive, and goal-oriented single therapy sessions focusing on the client's individual needs.

CARE sessions promote family engagement and prevent heightening of symptoms while waiting or not in need of long-term trauma treatment.



### CARE SESSIONS HELP:

IDENTIFY COPING SKILLS

IMPROVE PARENT/CHILD  
RELATIONSHIP

LEARN ABOUT THE  
EFFECTS OF TRAUMA

PROVIDE ADDITIONAL  
EMOTIONAL SUPPORT

### FOR MORE INFORMATION



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