

Helping your Child Find Balance Begins Here.

Kids rely on their relationships with caregivers (That's YOU!) to give them the tools for healthy development. Positive relationships are crucial for development of healthy social skills, brain development, and mental health.

Early Childhood Mental Health Services can help You, help your Child in developing these skills and tools. We support You in helping Your child and family grow together and sustain this growth!

Some goals of Intervention may be:

1. To develop positive, satisfying relationships with your child and family members
2. Assist in coping skills and help your child and family be more balanced emotionally
3. Encourage your child to engage with other children and in the family.

Our goals are focused on YOU and Your family.

Have questions?
Let us answer them.

True Balance PLLC

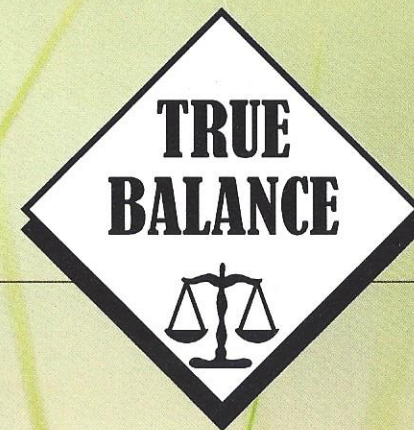
Let's Find Your Balance!

16016 233rd Street
Little Falls, MN 56345

1511 East Minnesota Street
St Joseph, MN 56374

320.632.5524

www.truebalancefarm.com



True Balance PLLC

Helping You Find Balance

Early Childhood
Mental Health Services

320.632.5524

www.truebalancefarm.com

You're in Very Good Hands

Children tell us what they need in different ways. As your child's most important person (MIP) you often know your child's by subtle ways that others may not notice.

Some ways that children tell us they need help are:

1. Not making friends like others do.
2. Stopping smiling or playing
3. Nightmares, trouble falling asleep or staying asleep.
4. Fighting with siblings or other children
5. Tummy aches, headaches, and other owies.
6. Not wanting to go to school or struggling to separate when reaching new places
7. Sexualized behaviors
8. Drawing odd or scary things
9. Repetitive play
10. Trouble with changes in routines
11. Unable to calm down
12. Making up stories or increased lies.



What We Can Offer You

Children often do not respond well to "talk therapy." This can be frustrating to caregivers. At True Balance, we use your child's language to assist them in finding balance.

Some ways that we do this are:

1. Engaging in Play Therapy. Children tell you what is going on through their stories and play. We meet them in their stories to assist them in growth, learning, and change! We can help you as the caregiver do this Too!
2. Parent Support.
3. Wraparound services
4. Parent and Family Therapy.
5. Art Therapy
6. Parent Child Relationship Therapy
7. Equine Facilitated Therapy
8. Assessment Services including full psychological assessment

Our Staff & Hours

Our therapists have extensive experience helping clients, ages 12 months and over, with a variety of concerns.

Our providers are Registered Play Therapist with the American Association of Play Therapy.

Our Providers belong to a team of Licensed Therapists that includes Marriage and Family Therapist and Psychologists.

We maintain memberships with the American Psychological Association, the American Association of Marriage and Family Therapy, The International Association of Trauma Therapists, and the American Association of Play Therapy

Most Importantly, our Providers are people, too!

**Hours:
Monday-Friday 8:00am-7:00pm
Saturday By Appointment**