



VISION & MISSION


Our program promotes positive growth in the lives of children through expressive therapy. This form of treatment uses creative activities to help children share and process feelings and memories that may be hard to put into words. Expressive therapy uses writing, art, music, drama, or dance to express feelings that are hard to talk about. It's usually a mix of different activities, but we will focus on your child's needs.

Our Mission is to provide high-quality mental health therapy for as long as necessary through the process of expression through art.

CONTACT US

 helplinehouse.org

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CHILD THERAPY 5 - 12 YEARS OLD

Transforming children's lives through expressive mental health therapy.

[HelplineHouse.org](https://helplinehouse.org)



Food Bank
Social Services
For a Healthy & Whole Community



EXPRESSIVE THERAPY

MAY PROMOTE HEALING FOR

- ADHD
- Anxiety
- Depression
- Autism
- Domestic violence
- Abuse or Neglect
- Family structure changes
- Serious illness or medical problem
- Eating disorders
- High stress levels
- Traumatic brain injury
- Posttraumatic stress disorder (PTSD)
- Ongoing medical conditions

OUR VALUES

1 SAFETY

Helpline House will provide support for parents and caregivers while their child receives the help they need to heal.

INCLUSION

We serve children ages five to twelve in Bainbridge Island.

2 POSITIVE

Children don't have to be "good" at the art form they use during your sessions. The focus of expressive therapy is the process itself, not the results.

ACCESSING SERVICES

For children ages five to twelve years old that have experienced emotional stress or trauma that has deeply affected them and their families. When stressors affect a child's ability to communicate, to attend school or to relate to others, Helpline House can help.