



FREE COUNSELING for CHILDREN & ADOLESCENTS

The University of Washington's College of Education is offering free weekly therapy sessions for Children and Adolescents between the ages of 6-18. Those experiencing mental health issues (e.g. anxiety, depression, attention-deficit), social skills difficulties, behavior problems, and/or adjustment to life stressors (e.g. parental divorce, death in the family, etc.) are examples of appropriate referrals, although we will assess for your individual needs. All free sessions are provided by School Psychology Trainees, and are supervised by a licensed psychologist/faculty member. Parental commitment is essential in order to receive services.

We are located on the 4th floor of the College of Education (Miller Hall).

Services begin in January and continue into June. Each counseling session is 50 minutes long, starting at 4:30pm every Monday or Wednesday.

For more information, please call the School Psychology Clinic at (206) 543-4970.

Confidentiality is **strictly** enforced for all family and student information.

Use of Evidence-Based Practices is emphasized (i.e. Cognitive Behavior Therapy, Behavior Therapy, Interpersonal Therapy).