



Hello The Glades,

Happy Children's Mental Health Awareness Day!

Today, we celebrate the strength, resilience, and limitless potential within every child. At Center for Child Counseling, we have the privilege of walking alongside children and families every day offering support, healing, and hope through life's toughest moments.

This Mental Health Awareness Month, we invite you to do the same. We've created a collection of free, expert-informed resources and activities to help you nurture your child's emotional well-being—starting with the [power of play](#) and quality time together.

Explore the resources below and take a step toward connection, joy, and mental wellness for you and your child.



Play with Purpose

Play isn't just fun, it's foundational. For children, play fuels brain development, builds social skills, supports emotional well-being, and strengthens family bonds. It's so essential, the United Nations recognizes it as a basic right of every child.

This Mental Health Awareness Month, make space for joyful, meaningful moments with your child through play.

Explore our expert-curated activity guide packed with playful ideas to support your child's mental health and development.

[Ways to Play](#)

Fostering Mental Health Through Your Child's Creativity

Children are natural storytellers, and their favorite language is creativity. Whether they're drawing, acting, or imagining entire worlds, these moments of play are powerful tools for emotional expression.

By encouraging creative activities, you're giving your child a safe space to explore their feelings, process experiences, and build resilience.

Pay close attention to recurring themes in their artwork or play, they can offer meaningful clues about their inner world, including their hopes, fears, and developing strengths.

Watch the video below for simple, heart-centered ways to use creativity at home to support your child's mental and emotional well-being.



A Moment of Mindfulness for You and Your Child

Sometimes, we all need a pause, a moment to breathe deeply and center ourselves with kindness and calm. That's why our team created the Loving-Kindness Mindfulness Practice! A simple, heart-centered activity you can easily weave into your and your child's daily routine.

Practicing mindfulness together helps build emotional resilience, reduce stress, and nurture mental well-being for both you and your child. Start your mindfulness practice today with the video below.



For a wealth of resources to support your child's mental health and overall well-being, we encourage you to explore our website at: www.centerforchildcounseling.org.

Center for Child Counseling, Inc. | 561-244-9499 | F: 561-345-3800 | info@centerforchildcounseling.org
www.centerforchildcounseling.org

Follow Us

