



Jewish Family Service of MetroWest has established a new state of the art venue for play therapy with children and families.

## RUTH SAGNER CENTER for Family Play Therapy

### WHAT IS PLAY?

- Play is a child's natural way to express feelings and thoughts

### WHAT IS PLAY THERAPY?

- An outlet through which to reduce anxiety and anger
- Practice toward problem solving
- A way to build social skills
- Activity that strengthens self-esteem and stimulates creativity

### WHAT CAN A CHILD ACHIEVE THROUGH PLAY THERAPY?

- Adapting and coping to major life disruptions
- Mastering normal life cycle challenges
- Facilitating and enhancing family relationships and parenting skills



To learn more about the Ruth Sagner Center for Family Play Therapy call Patricia Stern, LCSW, Coordinator of Children and Adolescent Services, 973-740-1233, ext. 1773 or [psstern@jfsmetrowest.org](mailto:psstern@jfsmetrowest.org) at JFS of MetroWest.

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THE HEALTHCARE FOUNDATION OF NEW JERSEY

*Founded by the Jewish Community*

