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

RUTH SAGNER CENTER for

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 to and coping with life’s disruptions
- Mastering normal life cycle challenges
- Facilitating and enhancing family relationships and parenting skills

To learn more about the Ruth Sagner Center for Play Therapy
call Jewish Family Service of MetroWest at 973-765-9050 or email info@jfsmetrowest.org

Jewish Family Service of MetroWest New Jersey

At every age, at every stage, we are here to help.