

WHAT IS COUNSELING? ANSWERS FOR PARENTS



WE PROVIDE PARENTING TOOLS
AND STRATEGIES TO SUPPORT
HEALTHY SOCIAL AND
EMOTIONAL
CHILD AND ADOLESCENT
DEVELOPMENT



AN EMOTIONALLY INTELLIGENT AND HEALTHY CHILD:

- Understands their own emotions
- Moderates their emotions
- Applies problem solving skills
- Possesses good social skills
- Communicates effectively
- Has confidence and resilience
- Thinks in a flexible & adaptable way
- Is resilient in coping with frustration

Counseling can be a tool that helps your
child develop emotional intelligence.

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WHAT IS COUNSELING?

The goal of professional counseling
is to support the development of an
emotionally intelligent and healthy
child.

Counselors work with a child,
adolescent, family, or group.
Counselors are professionals trained
in child development, and mental
health. Counselors assess child
functioning and teach effective
communication, conflict resolution,
frustration tolerance and emotional
regulation skills.

Counseling helps children resolve
small current problems to prevent
more serious problems or at risk
behaviors in the teen and young
adult years.

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KAISER PERMANENTE NORTHERN
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CITY OF
Fremont
Human Services Department

WHAT IS CHILD COUNSELING?

ANSWERS FOR PARENTS



FAMILIES



FATHERS

STUDENTS



TEENS

Counseling teaches kids to cope with current concerns and builds skills to handle future life challenges.

WHAT DO PEOPLE SAY ABOUT COUNSELING?

“Counseling helped my daughter overcome her shyness and speak up in the classroom.”

“Our counselor guided our family to communicate and heal following a really difficult divorce.”

“In group counseling my son learned how to be more patient and develop healthy friendships with classmates”

“As a school principal, I think counselors provide a much needed service to our campus. They provide emotional and personal support to students in need.”

“The counselor helped my teen handle issues that came up in middle school - like body image problems and bullying.”

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COMMON MISCONCEPTIONS ABOUT COUNSELING

Myth: Counseling is for people with serious mental illness

Fact: Millions of average people worldwide seek counseling every year for concerns ranging from adjusting to life stress to building social skills. The goal of counseling is to resolve concerns before they become serious.

Myth: People will find out about my problems

Fact: In the United States, professional counseling is confidential health information and your privacy is protected by law:

Myth: Talking to a counselor means I am weak

Fact: Utilizing a counselor means you are a proactive problem solver who faces challenges with strength and seeks accurate knowledge.

Myth: Counselors can't understand my family's unique culture, language, or concerns

Fact: There are now professionally trained counselors who are bi-lingual and come from many cultures, religions, and communities.