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@PeacemakerCente
www.thepeacemakercenter.org

OUR MISSION

The mission of The Peacemaker Center is to help people find peace with God, themselves and with others.

The Peacemaker Center is open to anyone for help with:

- Individual, Group, Family Counseling
- Marital Counseling
- Grief and Loss Issues
- Depression
- Anger Management
- Eating Disorders
- Addictions
- Surviving Sexual Abuse
- Life Coaching
- Financial Counseling
- Play Therapy
- Preparing for Marriage
- Clinical Supervision



THE HEALING POWER OF PLAY

Play, along with love and work is a fundamental activity of human life. Philosophers as far back as Aristotle and Plato have reflected on play and its value in our lives. Play has been described as, “an enjoyable activity that elevates our spirits and brightens our outlook on life. It expands self-expression, self-knowledge, self-actualization and self-efficacy. Play relieves feelings of stress and connects us to people in positive ways, stimulates creative thinking and exploration, regulates our emotions, and boosts spirit and self-esteem” (Landreth, 2002). * Play also provides a way to practice skills and roles needed in later life.

Play as a therapeutic modality dates back to the turn of the 20th century and today Play Therapy is a well-recognized, theoretically based approach to working

with children and families. Although Play Therapy incorporates many treatment methods, all apply the therapeutic benefits of play.

Therapists strategically utilize Play Therapy to help children express what is troubling them when they do not have the verbal language to express their thoughts and feelings. In Play Therapy, toys are like the child’s words and play is the child’s language (Landreth, 2002).* Through therapeutic play, even the most difficult problems can be confronted and lasting resolutions can be discovered, rehearsed, mastered and become lifelong strategies.

Current research supports the effectiveness of Play Therapy with children experiencing a wide variety of social, emotional, behavioral, and learning problems, including children whose problems are related to life stressors, such as, divorce, grief and loss, relocation, hospitalization, chronic illness, physical

and sexual abuse, domestic violence and natural disasters. Play Therapy is also utilized as the primary intervention for many mental health concerns, for example, anger management, anxiety, depression attention deficit hyperactivity (ADHD), autism spectrum disorders, academic and social impairment, physical and learning disabilities, and conduct disorders. Play Therapy works best when provided by a specially trained licensed mental health professional and parents and/or family members are involved in the treatment process. (continued on next page)



Please join us May 9th!

For more information and to purchase tickets, go to
www.thepeacemakercenter.org

(Article continued from page 1)

Play Therapy helps children:

- Become more responsible for behaviors and develop more successful strategies
- Develop new and creative solutions to problems
- Develop respect and acceptance for self and others
- Learn to experience and express emotions
- Cultivate empathy and respect for thoughts and feelings of others
- Learn new social skills and relational skills with family
- Develop self-efficacy and thus a better assuredness about their abilities



If you would like more information on Play Therapy or how we at The Peacemaker Center can help you and your family, please visit our website at:
www.thepeacemakercenter.org

I can be contacted directly via email at: Helen@thepeacemakercenter.org

* (Landreth, Gary, 2002, Play Therapy: The Art of the Relationship, Brunner-Routledge, New York)

ANNUAL FUNDRAISER: SPRINGTIME IN FRANCE

Plan to spend a beautiful evening at the Brandywine Manor House as we transport you through the French countryside and enchanting city of Paris.

Imagine lavender, lattes, decadent pastries, and colorful macaroons!

Ticket Sales:

- ◆ \$50 per ticket
- ◆ Pay by credit card or check
- ◆ See website for more details/ticket form

Our Goal:

- ◆ Fundraise to cover costs and scholarships
- ◆ Proceeds enable us to offer counseling services to our clients

How to get Involved?

- ◆ Register as a sponsor
- ◆ Donate items to our silent auction
- ◆ Advertise in our event program

SPRING CONCERT 2014: MATTHEW SCHULER



The Peacemaker Center presents an evening with
MATTHEW SCHULER
NBC's *The Voice* Season 5 alumni

- ◆ Friday, April 4th
- ◆ Christ Community Church
- ◆ Doors Open at 8:00 pm
- ◆ Tickets \$15 online/\$20 at door

SPRING FLOWER SHOW

Spring into the season with our annual Flower Show!

Plants are available for purchase on our website:

- Perennials
- Hanging Baskets
- Herbs
- Vegetables

Visit www.thepeacemakercenter.org to download the Order Form