



CRCC is excited to announce that outpatient mental health therapy is now available at both Centers for children and adolescents ages 5-21 and their families

We welcome Amber Gillmore who is a Licensed Independent Mental Health Therapist who specializes in art therapy

Art therapy is psychotherapy with art techniques, such as painting and drawing, that can help open up communication and allow for processing of thoughts and feelings

Art therapy can be beneficial for anyone working on mental health goals but is particularly helpful with:

- **Trauma processing**
- **Adjustment and transition Issues**
- **Anxiety**
- **Depression**
- **Developmental disabilities**
- **Eating disorder recovery**
- **Identity and self-esteem development**
- **Gender-affirming care**



To schedule an appointment or to get more information, call [402.895.4000](tel:402.895.4000) or visit [crccomaha.org/services/therapy/](https://crccomaha.org/services/therapy/)

OR

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LEARN MORE

