



Sandtray Therapy

A safe, non-verbal and stress-free medium for processing events and feelings that are emotionally disturbing and/or disruptive to daily functioning. Some examples of conditions where sandtray therapy can be beneficial include nightmares or disturbing dreams, fear of strangers or unfamiliar places, inconsolable crying, irritability, prolonged sadness, and a decreased ability to communicate with others or perform daily tasks at home, school, or work.

- 🌀 For Sutter County families of children ages 0-5, including pregnant first-time mothers
- 🌀 For people who are uninsured or underinsured and not currently receiving mental health services
- 🌀 This service is offered free of charge through a mini-grant from the Sutter County Children and Families Commission

For more information or to make a referral, contact Mary Pickering, LCSW at Family SOUP, 530-751-1925.

