

CHILD & ADOLESCENT CARE

**A child's mental health is
just as important as their
physical health**



KALEIDOSCOPE

Counselling for a Quality Life



About Kaleidoscope

Life is a journey through changes. As we evolve, we grapple with several changes which are physical, emotional and psychological. These changes often leave us confused and yearning for support and guidance. Kaleidoscope is your true friend and a mentor on this journey called life. We believe in a preventive and holistic well-being of an individual. We seek to understand and track these patterns of change to help make the journey of life, a smooth and fulfilling affair for individuals, organizations and communities.

Kaleidoscope is steered by a team of experienced and internationally certified psychologists who have helped design programs, workshops and counseling sessions to suit individuals, cutting across all age groups.

We provide a safe space for every individual to express their innermost feelings with ease, without judgment and with their dignity. We provide our services at our care centers and through our outreach programs. We aim to be the catalyst to reform whole communities and societies by making mental wellness a part of our ecosystem.



Child and Adolescent Care

Childhood is the first stage of human development, the foundation of which is laid in the early years of a child's life. In fact, both the emotion and environment play an important part in human development, right from conception itself. And perhaps the best examples can be found in the ancient epic of Mahabharata, which mentions about Abhimanyu learning the war-skills in his mother's womb.

The various aspects of child development encompass physical growth, emotional and psychological changes, social adjustment status and spiritual growth. Although a child may show all signs of normalcy, one is never sure how long it can be maintained, due to the changing environment around them. Sometimes these most normal and healthy looking children can be suffering from some underlying issues. And if not detected at an early stage, these can be the cause of pain and trauma later in life.

We understand the troubles of a parent and the challenges that they may be facing with their children. As childhood is an impressionable age and style of parenting can have a long lasting impact on the child's future development. Hence, investment in early childhood is critical for making a significant difference to the children's future.

Here at Kaleidoscope, we provide a safe and empathic space for both children and parents to talk about their innermost feelings. We help them to overcome the psychological barriers that hinder the growth and development of children, adolescents, and their families.

Our Services:

1.

Growth Monitoring Screening (GMS)

2.

Counseling

3.

Standardized Assessments

4.

Workshops

5.

Career Planning

6.

Creative Therapies

Child and Adolescent Care Services

1. Growth Monitoring Screening (GMS)

At Kaleidoscope, we have devised a Growth Monitoring Screening performa, to identify critical signs and issues in children and adolescents that may obstruct their holistic development. It is a research and evidence based tool, created by our experienced psychologists, that give the parents a report on the complete development of their child. This performa is prepared for four different age groups of children and adolescents (6 to 8 years; 9 to 11 years; 12 to 14 years; 15 to 18 years) and a separate set is also prepared for parents and teachers. The performa will be administered on child, parent and teacher separately to get the reliable information and reach the appropriate conclusion.

It assesses the growth and development of children for a specified age group on parameters like intelligence, behavioural, social, emotional and communication. This helps to get an initial accurate assessment of children for early signs of mental health issues which later on halts the growth of a child. It will help us to determine the sign of deviation of a child at an early age.

Based on the assessment results of the GMS Performa, we will reach to the conclusion of which therapeutic intervention will be appropriate for the child and adolescent. In addition to that, we provide one-to-one counseling session and psycho-educate parents and teachers as to how to handle and tackle the behavior of a child at home and school.





Child and Adolescent Care Services

2. Counseling

We offer one-on-one counseling sessions for children and adolescents who are facing situations that are taking a toll on their lives. In this fast-paced modern world, children and adolescents frequently face enervating situations like bullying, body image, mood swings, low self esteem and many more.

Counseling, basically, is imparting guidance to a child while using psychological methods.

It involves collecting case history and assessing symptoms and severity of the issue. These counseling sessions are handled by our seasoned psychologists with an aim to equip the child with the much needed skill set to cope with their daily issues.



A young boy with brown hair and black-rimmed glasses is smiling broadly. He is wearing a blue and white plaid button-down shirt over a white t-shirt. He is sitting at a desk, holding a red pencil. A red apple is visible on the desk to his right. The background is a bright, out-of-focus indoor setting.

Child and Adolescent Care Services

3. Standardized Assessments

At Kaleidoscope, we have several standardized assessment tools available with us, which helps us to understand the personality, intelligence, aptitude, achievement, general well-being, etc. of the child or adolescent. These tools help determine the core issues and concerns faced by them along with their severity level. In addition to that, we assess their strengths & improvement areas for creating an individualized plan of growth, development & general well-being.



Child and Adolescent Care Services

4. Workshops

We provide workshops which focus on psycho-educating and sensitizing the parents and teachers about the myriad of issues faced by children and adolescents these days. These workshops indeed give them a clear picture about the long term impact of these issues on their personality development. It also shows how important a positive environment is for the overall development of a child or an adolescent. Research shows that such workshops play a crucial role in boosting the scholastic performance of students.

These one-hour workshops help create an understanding among the parent, teacher, and students to aid them in the complete development of children, adolescents, and their families.

Some of the topics on which workshops are conducted are Stress in Children, Positive Parenting, Attention Deficit Hyperactivity Disorder, Learning Disability, Unconditional Self Acceptance, Time Management and Study Skills.



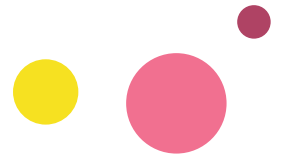
Child and Adolescent Care Services

5. Career Planning

Career Planning is a structured approach to choose the right-fit career option. At Kaleidoscope, we have career planning programs for students according to their grade level. We offer **Stream Selection Program** for Grade 9th-10th , **Career Selection Program** for Grade 11th-12th and **Career Planning & Execution Program** for College Graduates.

For all these programs, we follow a two-step approach for career planning. Firstly, we do Standardized Assessments using several standardized tools available with us to understand the Personality, Aptitude and Interest. These tools help us to identify the best-fit career options. Secondly, we provide career counseling sessions by our internationally certified counselors at our centre.

We provide a customized plan of action, access to all career resources, information about colleges, entrance exams, deadlines and 1-year online career query support.

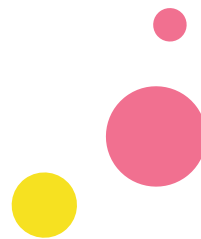
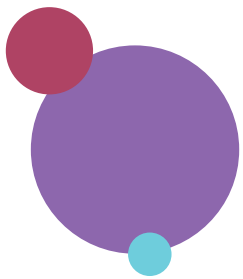


Child and Adolescent Care Services

6. Creative Therapies

We provide a wide range of therapies for children and adolescents who experience different types of emotional pain, vulnerability, life struggles or mental health issues. Our team of psychologists specializes in Art Therapy, Dance Movement Therapy, Music Therapy and so on.

Each therapy is influenced by its unique medium or form, giving it the flexibility to meet the complex needs of our clients.



*The mentioned services can be availed at schools, institutions and at our centre.

To book an appointment or to answer any query about mental health, please contact us on

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Why Us?



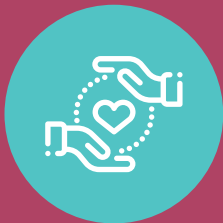
Team:

- Internationally certified Mental Health Professionals
- Reputed Advisory Board
- Associated with the best Neurology tertiary Care Hospital
- In house expert team on research and development



Centre:

- Specialized care centre
- Specifically designed boutique consultation rooms
- Five senses room for experiential comfort
- State of Art Facility



Services:

- One stop solution for mental wellness services
- Preventive and promotive help for all age groups
- Assessments and evidence-based interventions
- Focussed Holistic well being
- Transparency, Confidentiality and Safe Space



You notice numbers
We listen to stories....



SENIOR CARE

Joyful Companionship
Home Therapeutic Counseling
Alzheimer and Dementia Care
Home Management
Health Management
Bon Voyage
Elite Seniors Club



ADULT CARE

One-to-one Counseling
Couple Counseling
Family Counseling
Standardized Assessments
Workshops and Programs
Creative Therapies



ORGANISATION SUPPORT

Peak performance program
Trainings and workshops
one counseling services
Creative therapies



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