A RESOURCE FOR MUSIC, DANCE, THEATER AND ART INSTRUCTORS

Aspire Psychological Group

Child & Adolescent Therapy · Upper Saddle River, NJ

24 HOUR CALLBACK

When stage fright is more than nerves.

Lessons and rehearsals are where many kids feel most themselves, so you notice when something changes. Aspire Psychological Group works only with children, teens and their families, and we're here when worry or stress starts taking the joy out of what they love.

WHAT YOU MIGHT NOTICE

- Dread or panic before recitals, auditions or shows
- Perfectionism: starts over again and again, or won't share work
- Tears or meltdowns at lessons or rehearsal
- Pulls away from the group or stops talking in class
- Sudden loss of interest in something they loved
- Physical complaints that show up before performances
- Talks about pressure to be the best or fear of disappointing others

NOT SURE HOW TO BRING IT UP?

You don't need to diagnose anything. Share what you've seen and point to a next step:

"She's so talented, and lately performances seem to be really weighing on her. Have you noticed that too? Here's a team that works with kids and families on that."

WHY PARTNER WITH ASPIRE

Kids and Teens Only

Our whole practice is built around children, teens and families. Not a general caseload.

A Warm Handoff

Share our info, or let us know. Our team reaches out to the family within 24 hours.

The Whole World of the Child

With parent permission, we work with the adults in a child's life so support carries over everywhere.

HOW A REFERRAL WORKS

1. **You Share** — Hand the family this flyer, or contact us with their permission.
2. **We Reach Out** — Our team contacts the family within 24 hours. One less thing for you.
3. **Care Starts** — No waitlist. A free 10-minute call with the psychologist to see if we're a fit.

SHARED WITH YOU BY _____

YOUR LOGO OR BUSINESS CARD

Private pay, out of network. Many families use their insurance plan's out-of-network benefits to seek reimbursement for part of the cost.

This flyer is for educational purposes only and does not constitute professional advice or create a therapist-client relationship. For concerns about your child, please consult a qualified mental health professional.

CONNECT A FAMILY

201.639.4669

office@weallaspire.com · weallaspire.com · 345 NJ-17, Suite 33, Upper Saddle River, NJ