



## Another Facet at JPA: New Light

JPA has introduced a therapeutic service for its neighbors in and around Lincoln Park. JPA New Light, a child-and-family-oriented practice, will offer the best mental health care from highly-skilled, expertly trained clinicians, providing emotional support as clients navigate the many challenges of life. JPA's New Light also provides clinical supervision for emerging professionals, such as social workers seeking professional licensure, teachers and other professionals working with children.

Therapy helps people heal past hurts, gain greater clarity, improve communication skills, better handle stressors, develop problem-solving techniques, and overcome anxiety, depression and addiction. Therapy helps people cultivate the lives they want to live.

JPA's New Light therapists cultivate meaningful relationships with their clients, utilizing evidence-based therapeutic methods tailored to clients' strengths, needs and goals. We are united by our commitment to a relational approach to therapy which recognizes the uniqueness in our clients and prioritizes mutual respect, self-exploration and goal-setting.

New Light provides psychotherapy to children, adults, couples and families, social workers, educators and others working with children. JPA's therapists specialize in a wide array of practice areas, some of which include:

- Child School Problems
- LGBTQ Issues
- Parenting Support
- Childhood Trauma and Abuse
- Relationship Issues
- Depression and Anxiety
- Non-traditional/Blended Families
- Grief and Loss
- Women's Issues
- Life Transitions
- Trauma
- Attachment Issues
- Mind-Body Connection

For questions or to discuss an initial appointment, please contact: Jenna Kraft, LCSW, New Light Administrative Director at [jkraft@jpachicago.org](mailto:jkraft@jpachicago.org) or at 312-698-6933. **JPA**