

MITREYI Launches New Mental Wellness Programs for Children and Families in Ernakulam

The counseling centre introduces innovative therapy sessions to support emotional growth and healing.



Kochi, Kerala Apr 26, 2025 ([Issuewire.com](https://www.issuewire.com)) - MITREYI, the trusted child, individual, and family counseling centre based in Edappally, Ernakulam, has launched a series of new mental wellness programs aimed at empowering children and families through professional guidance and therapy.

These programs are designed to address a wide spectrum of mental and emotional health concerns, including anxiety, behavioral challenges, academic stress, parenting difficulties, and family relationship issues. With a compassionate and evidence-based approach, MITREYI is committed to helping children and adults alike navigate emotional complexities and achieve a healthier life balance.

“Our goal is to create a safe, inclusive, and nurturing environment where individuals and families can heal, grow, and thrive,” said a spokesperson from MITREYI. “Through our new therapy programs, we aim to reach more people in need of mental wellness support.”

The newly introduced services include one-on-one child therapy, parental counseling, family therapy sessions, and adolescent-focused counseling, all conducted by experienced mental health professionals. MITREYI also incorporates creative and play-based therapy techniques to engage younger children effectively.

The centre is conveniently located in the heart of Ernakulam and is easily accessible for families across Kochi. Clients can book appointments online via the official website <https://mitreyi.com> or visit the counselling centre directly.

As the need for mental wellness continues to grow, MITREYI remains dedicated to providing affordable, confidential, and quality mental health care tailored to individual needs.

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