



Anchoring Children to a Successful Future

Every child is unique. Our mission is to provide a place for children, adolescents, and their parents to seek professional mental health therapy throughout development.

Children and Adolescents requiring mental health treatment

demand specialized treatment plans that are not the same as in adults. Our child therapist Allie Spomer is an Associate Licensed Counselor in the State of Alabama and has worked strictly with children ages 4-17 her whole career. She develops customized treatment plans with parents and asks for their support throughout the course of treatment so that her clients come away happier, stronger, and ready to take on all of life's challenges

Children Deserve More Than Most

At Life Anchors, we know your child's mental health is important and unique to that of adults. That's why we specialize strictly in child and adolescent therapy practices so that we can ensure the best quality treatment for anything your child may be going through.

- Trauma Counseling
- Play Therapy
- Social Skills Development
- Bullying Prevention
- General Anxiety and Counseling Needs
- Depression
- Sand Therapy
- Group Skills
- EMDR

We develop programs that focus on the child while making sure that each parent is involved in the treatment of their child making it easier to bring positive change.



Trauma Therapy and Depression

Sadly, some children and adolescents experience traumatic events during their upbringing. Allie has worked in both acute trauma treatment and trauma counseling of children throughout her career both as a case manager and professional counselor.

Children and teens that experience general depression are a priority at Life Anchors and Allie has developed customized treatment plans for children of all ages to conquer chronic depression.

Bullying Prevention and Counseling

Bullying among children and teens is a serious issue that needs to be dealt with promptly and professionally. At Life Anchors we are a Zero Tolerance Policy advocate for bullying and will treat your child if he or she has been bullied in any way. Please contact us immediately if you think your child has been bullied or is experiencing bullying in any form.

Social Skills Development

Allie has been developing both individual and group social skills development programs since her time in graduate school at Grand Canyon University in Phoenix, Arizona. She knows that children and adolescents sometimes struggle socially as they age due to normal life events, past bullying experiences, or general social anxiety. Group classes are specially designed to match up age similar clients that are all in need of group development skill improvement and are offered regularly at lower cost than standard one-on-one treatment plans.



If you have questions regarding how we can help your child or teen, find out more about us by visiting our website at www.lifeanchorscounseling.com

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LIFE ANCHORS CHILD & ADOLESCENT COUNSELING LLC

