



Sentier Psychotherapy Opens Expands Child Therapy Space in St. Paul

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Sentier Psychotherapy has opened a new office at 475 Cleveland Avenue North in St. Paul, doubling the practice's child therapy capacity and eliminating the waiting list for children seeking play therapy services for the first time in two years. The expanded space, located in the Ivy League Place building, includes two dedicated therapeutic playrooms designed for children ages 0 to 11.

The move follows a sustained period of demand for child mental health services in the Twin Cities region. Prior to the relocation, families seeking child therapy at Sentier were placed on a waiting list that had remained active since 2024. With the addition of another playroom and doubled clinician capacity, the practice can now schedule new child clients without delay. Sentier offers play therapy for children, along with therapy services for adolescents and adults, at the new Cleveland Avenue location.

The two new playrooms were designed specifically for therapeutic play, with zoned areas for different types of activity, creative materials, and quiet corners intended to support children at varying energy levels. Play

therapy is a clinical approach in which children use toys, art supplies, imaginative play and movement to communicate experiences and develop coping strategies, often before they have the verbal capacity to discuss those experiences directly. The approach is widely used by licensed clinical social workers and other mental health professionals trained in child development.

"The new playrooms have so much room to invite energy and creativity into the play. The playrooms also provide space for the kids to feel comfort with different pockets and corners for coziness," said Bridgett Brye, MSW, LICSW, a Registered Play Therapist at Sentier Psychotherapy.

The expansion also reflects broader trends in the field of children's mental health. Demand for pediatric therapy services has grown across Minnesota and nationally over the past several years, and many practices have reported extended waiting periods for new child clients. Sentier's relocation was planned in part to address that capacity gap within its own caseload and to allow the practice to take on additional families without restructuring its scheduling for adolescent and adult clients.

"Our new therapeutic playrooms were created to give children ages 0 to 11 a space where healing feels natural, safe, and engaging. Children often communicate stress, worries, and life experiences through play long before they have the words to explain them," said Megan Sigmon-Olsen, owner of Sentier Psychotherapy. "Our new playrooms are thoughtfully equipped and zoned with toys, creative materials, and tools that help children process outside challenges, build coping skills, and feel supported in their lives."

The Cleveland Avenue location places Sentier within the Ivy League Place building, an established commercial property in the Midway area of St. Paul. The new address provides on-site parking and is accessible by public transit, factors the practice cited as relevant for families traveling from across the Twin Cities metropolitan area. Sentier's previous location operated for more than a decade before the move, and clients have been notified of the new address through direct communication from the practice.

Sentier Psychotherapy provides individual therapy for children, adolescents, and adults, along with play therapy, family-focused work, trauma therapy and LGBTQ+ services. The practice is staffed by licensed clinicians, including licensed clinical social workers, licensed psychologists, marriage and family therapists, etc. who specialize in working with clients across the lifespan. Sentier accepts insurance plans on an out of network basis and also offers sliding fee services for families without insurance or high deductibles and serves families throughout the Twin Cities metropolitan area.

For more information about Sentier Psychotherapy and its child therapy services, visit [sentiertherapy.com](https://www.sentiertherapy.com).

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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