



Children's Mental Health, 0-6 years

Our Goal

The goal of the Infant Mental Health Program is to support families of children age birth to five to enhance their nurturing relationship. Nurturing relationships enable both the caregiver and child to feel secure, valued, understood and successful within the context of family and community.

There is no charge for this service.

What we do

We provide the following within the context of Growing Great Kids:

- Mental health assessment
- Service coordination
- Consultation, education and capacity building services
- Direct Therapy and support; and
- Parenting services (including psycho-educational groups)

We strive to promote infant mental health by:

- Providing caregivers and families with the necessary skills, resources and tools to support nurturing relationships, the healthy social/ emotional development of the child and feelings of success and competence
- Supporting caregiver/ family strengths, cultural values and beliefs
- Building awareness of the critical importance of 0-5 years
- Identifying early signs of emotional and behavioural concerns
- Promoting successful partnerships among family, caregivers and community support systems; and
- Advocating for policy and best practices that support the most positive outcome for the child and family

How we work with families and others

Our staff:

- Help caregivers help their children
- Believe the caregiver is the expert about their child
- Learn more about child and family needs
- Talk with families about what we can do to help
- Work with the strengths of the family
- Share our knowledge with caregivers so they can support their child's optimal mental health
- Work closely with other service providers
- Work in the home and office with caregivers and children
- Provide caregivers with resources



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

How to access the program

Call the Growing Great Kids, Kidsline:

1 800 265 7293 x 3616

Who we serve

The children we serve live in Guelph or Wellington County and range from birth to five years. The children and families we support experience specific mental health concerns, including:

- Traumatic events
- Affect disorders (grief, anxiety, depression)
- Adjustment reactions
- Regulatory disorders (i.e. emotional regulation and sensory processing)
- Sleeping and eating problems
- Caregiver/child relationship challenges
- Attachment difficulties

Concerned about your privacy?

At CMHA WW your privacy is paramount. For more information visit www.cmhaww.ca/privacy

Feedback?

Help us improve the quality of our services. We value and encourage your feedback. Submit online by visiting:

www.cmhaww.ca/get-involved/feedback/