



# Children's Mental Health, 0-6 years

## Our Goal

The goal of the Children's Mental Health, 0-6 Program is to support families of children age birth to six 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.

## What We Do

We provide the following:

- Mental health assessment
- Consultation, education and building parent/caregiver capacity
- Direct Therapy

We provide 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.

We support caregiver/ family strengths, cultural values and beliefs. We build awareness of the critical importance of 0-6 years.

We identify early signs of emotional and behavioural concerns.

We promote successful partnerships among family, caregivers and community support systems.

We advocate 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 - caregiver involvement is necessary for services to be successful.
- 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 Here4Kids:

**1-844-4KIDS-11 (454-3711)**

## Who We Serve

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

- Traumatic events
- Anxiety and depression
- Emotional regulation
- Caregiver/child relationship challenges
- Attachment concerns
- Behaviours and other symptoms related to social and emotional difficulties

## Concerned About your Privacy?

At CMHA WW your privacy is paramount. For more information visit [www.cmhaww.ca/privacy](http://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/](http://www.cmhaww.ca/get-involved/feedback/)