



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

# Attachment Program Information for Families

## Who is this service for?

This service is for young children with mental health difficulties and their caregivers.

Those difficulties could be with emotions, socializing, behaviour, or self-regulation. The difficulties occur in daily life at home and in the community (such as at school or child care).

The children are 0 to 7 years of age (referred before their 8th birthday). They live in Guelph Wellington.

The children are already in service with a Mental Health Clinician at CMHA WW. This program is part of the overall service plan for a child.

## What supports do we offer in this service?

We build a stronger child-caregiver relationship. To do that, we help the caregiver understand:

- What their child is communicating through behaviour
- How important the caregiver is to their child

Our process:

- We videotape the child with their caregiver.
- We review the video with the caregiver.

## How do I access this service?

This is only available when your child is already in another CMHA WW children's service. Talk to the person at CMHA WW who already works with your child.

For more information about Services for Children and Youth, please visit:  
webpage address

“CMHA WW” means Canadian Mental Health Association Waterloo Wellington.

“Caregiver” means parent, caregiver, guardian.