



# Children's Mental Health of Leeds & Grenville



## **Early Years Program** **Mental Health Service for Families of** **Children Under the Age of Six**

Young children and their family caregivers sometimes need additional services and help to support their child's healthy emotional development. Getting help early can make a difference. Our multidisciplinary team members are available to help.

### **Services Provided**

- Consultations
- Resource information
- Assessments
- Treatment

**Counselling will include a treatment plan with specific goals for your child and family. Our Early Years counsellor will work closely with the parents and caregivers.**

Services will be delivered in a location that meets the needs of both the family and the services required. This may include meeting in your home or at the nearest Children's Mental Health of Leeds & Grenville community office. Offices are located in Brockville, Elgin, Gananoque, Kemptville and Prescott. Service length may vary from a single visit to several sessions depending on child and family needs.

Our Early Years counsellors work closely with other service partners and with your consent will work collaboratively with other service providers to put together an effective treatment plan for your child and family.

Accredited Children's Mental Health Agency  
**FREE • ACCESSIBLE • CONFIDENTIAL**

Parents and professionals who may be concerned about a child's social or emotional development may request help by contacting us directly at 1.800.809.2494.

## Who might benefit from the Early Years Program?

- A young child engaging in one or more problem behaviours such as self-harm, aggression or difficult social behaviours
- Parents worried about how their child and family is managing, perhaps in response to significant change, loss or trauma
- First-time or experienced parents having a hard time coping in their role as parents

As we learn more about your child's needs and how best to help your family, our counsellors might connect you with other services provided by Children's Mental Health of Leeds & Grenville including Triple P parenting groups, counselling for anxiety, responding to trauma, and other specialized services. In some instances consultation with a pediatrician or a child psychiatrist can be helpful in planning treatment goals for your child.

**Our Early Years counsellors build on each family's unique strengths as we work together to respond to your child's and family's needs.**

### For More Information:

**Children's Mental Health  
of Leeds & Grenville  
779 Chelsea St., Suite BU  
Brockville, ON  
K6V 6J8**

**[www.cmhlg.ca](http://www.cmhlg.ca)  
1.800.809.2494  
[reachus@cmhlg.ca](mailto:reachus@cmhlg.ca)**