

PLAY. LEARN. CONNECT.



# PRESCHOOL MENTAL HEALTH

Encouraging Social Emotional Development  
(from birth to 6 years)

## WHAT IS CHILDREN'S MENTAL HEALTH?

Children's mental health is most often referred to as social emotional development.

**Healthy social emotional development refers to a child's emerging ability to:**

- Experience, manage and express the full range of positive and negative emotions.
- Develop close, satisfying relationships with other children and adults.
- Actively explore their environment and learn.

## HOME VISITING

Based on individual family needs and goals a variety of parenting programs are available to be delivered one-on-one in a home-based setting.

**Our goals are to:**

- Enhance parenting knowledge, skills, resources and confidence about social emotional development
- Promote family wellness
- Encourage children's development in the areas of: positive relationships, self-calming and emotional awareness

We serve families whose child(ren) are experiencing delays in their social or emotional development. Priority is given to serving parents who are experiencing mental illness, parents with prenatal or post-partum depression, families facing addiction and foster or adoptive parents.

## MAKING A REFERRAL

Referral information can be obtained by calling Midwest Family Connections at 306-825-5911 or 1-866-651-5911 (toll free). All referrals must be made with the consent of the family.

Boundaries align with the former East Central Health service area including Lloydminster, Vermilion, Wainwright, Provost, Vegreville, Camrose and surrounding areas.

## CURRICULUMS OFFERED

### **Kids Have Stress Too (KHST)**

helps parents and caregivers understand childhood stress and how to provide children with the tools to deal with stress effectively.

### **Circle of Security**

helps parents understand their child's emotional world by learning to read emotional needs; support their child's ability to successfully manage emotions; enhance the development of their child's self esteem and honor the innate wisdom and desire for their child to be secure.

### **Positive Solutions for Families**

covers topics such as building relationships, strategies to promote positive behaviour and play as a powerful parenting practice.

**Also check with your local Family Resource Network (FRN) for programs and services to support social and emotional development or give us a call and we can help connect you.**

### **OFFICE HOURS**

**Tuesday - Thursday** 9AM - Noon | 1PM - 4PM

**Friday** 9AM - Noon | 1PM - 3PM

