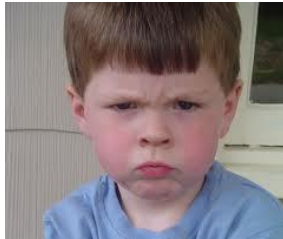


## Information

A referral for mental health services can be made over the phone, by fax or in person.

Referrals can be made by parents/caregivers, doctors, preschools, community services and/or social workers with parent/guardian consent.



### What to Expect after a Referral:

1. Intake worker will contact you to set up an intake visit.
2. The ECMH team will review the intake to determine recommendations for service.
3. These recommendations will be discussed with the parent/family to ensure service is appropriate.
4. Most families are recommended to first attend a group and then further services will be determined following the group.

**\*\* Note: ECMH is NOT an emergency service.** If a child is at risk of imminent harm to self or others, take them to the hospital immediately or call 911 for help.

## Community Partners

Force Society for Kids Mental Health  
[www.bckidsmentalhealth.org](http://www.bckidsmentalhealth.org)

Fraser Valley Child Development Centre  
[www.fvcdc.org](http://www.fvcdc.org)

Abbotsford Community Services  
[www.abbotsfordcommunityservices.com](http://www.abbotsfordcommunityservices.com)

Abbotsford School District  
[www.sd34.bc.ca](http://www.sd34.bc.ca)

## ECMH Programs

### Riding the Waves of Parenting (RTW)

An 8 session group designed to give caregivers a better understanding of the meaning behind the behaviours they see in their child. This group offers suggestions for coaching children rather than just managing behaviour.

### Anxiety Group

Group therapy for children ages 5-8 struggling with anxiety. Parents will also attend a psycho-educational group. Parents with children under age 5 can attend the parent portion of the group.

## ECMH Programs continued

### Watch, Wait & Wonder

A parent-child program that allows the parent to enter their child's world in order to increase understanding through child led play.

### Parent & Child Therapy

Parent & child and/or individualized counselling may be offered, at the discretion of the clinician. Modalities such as play therapy, expressive therapy, and cognitive behavioural therapy are utilized.

### Home Coach

Once parents have attended a group and it has been determined that more direct support would be helpful, a home coach is able to meet individually with the family to offer more support and direction on how to use the strategies taught in the group.

### Emotion Coaching for Young Children (ECYC)

The group discusses a parenting strategy that helps children understand their feelings. Parents are equipped to help their children learn how emotions work and how to respond to feelings in healthy ways.

## Infant/Early Childhood Mental Health

This program is a specialized part of Child & Youth Mental Health and the larger Ministry of Child and Family Development created to assess, support and provide treatment for children experiencing social, emotional and/or sensory difficulties.

Children and their families may access our services on a **voluntary, no fee basis**.

Our services are available in conjunction with the Fraser Valley Child Development Centre to children up to and including age five.

We work alongside the family and community to promote **POSITIVE** change in children experiencing social emotional difficulties.



## Abbotsford Infant/Early Childhood Mental Health

ECMH clinicians operate out of the Abbotsford location of the Fraser Valley Child Development Centre.



In partnership with



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Ph: 604 – 852 – 2686  
Fax: 604 – 870 – 5794

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## Infant/Early Childhood Mental Health (ECMH)

