



## MENTAL HEALTH SERVICES

The Mental Health team is committed to providing services to enhance the well-being of the children and families within our Head Start and Early Head Start. We provide Mental Health support, therapy, education, prevention and awareness to help your family succeed in life.



### Classroom Behavior Support

Children can receive support and guidance from our in house specialists.

### Grief & Loss Support Group

A confidential group where caregivers support each other through the power of art therapy. With a marriage and family therapist trained in art therapy, you will use art to process and reflect on your grief while gaining coping skills.

### Triple P Seminars

Creating Positive Families

- Learn factors that impact a child's behavior.
- Enhance positive relationships with children.
- Connect and share experiences with other parents.



### CAWS Group



A supportive group for VOALA parents to come together in a safe space focused on well-being, connection, and growth. Build meaningful relationships with other parents while learning practical tools for self-care, coping, and positive parenting.

### Infant Massage Classes

Establish secure attachment, decrease stress, relieve baby's teething and tummy discomfort, understand baby's cues, connect with other parents and more!



### Community Resources

Referrals to outside agencies that provide wellness support for families in crisis or specific needs.