

## Early Childhood Program - Addiction & Mental Health

Early Childhood Program - Addiction & Mental Health provides short-term, parent-child relationship-based therapy to children aged 0 to 5 and their families. Our goal is to support parents and young families from birth through the early years of childhood. We will support you and your child in your home, at our office, and / or in your community.

This service offers:

- in-person, telephone and virtual (Zoom) sessions
- parent-child relationship-based therapy
- parent groups (i.e. Circle of Security, Child-Parent Relationship Therapy)

The first sessions of therapy with ECAP serve three purposes:

1. to better understand the challenges your child and family may be facing and the strengths you have to address those challenges
2. to ensure that our program is the right fit for your family based on your concerns and goals and
3. to make recommendations about programming options, which may include:
  - an opportunity to more deeply explore the challenges and strengths of your child and family to better determine the support you may need. We may invite other professionals from our team (Speech-Language Therapist, Consulting Psychologist) into your care in order to best understand your child's needs
  - in-home, at our clinic, community, or virtual sessions with a therapist to support you in further developing and understanding the relationship with your child to meet your goals
  - in-person and virtual Parenting groups to develop a better understanding of yourself, your child and the relationship you have with your child

### **Address**

4715 8 Avenue SE  
Calgary, Alberta  
T2A 3N4

### **Phone**

403-955-1010