

FUTURE

### We are all part of your team.

Our clinical staff at the CARE Clinic are working together with partners in the community to support families.

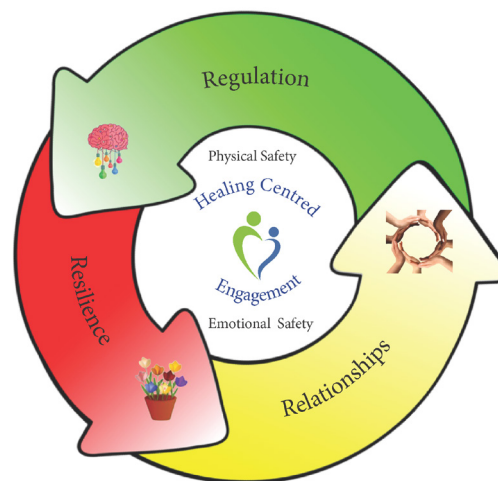
We offer community professionals:

- Consultation regarding child's emotional needs and, what impacts development;
- Workshops to enhance partners' skills and understanding of mental health.

Stress in the environment or challenges that you, your family, or your child are facing can affect your child's social and emotional development. The relationship you foster with them can increase the likelihood of positive long term outcomes for all of you.

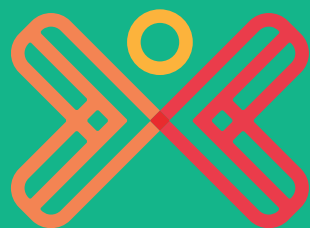
We are here to guide you in developing this relationship to improve emotional regulation through offering:

- Support with developing effective coping and calming strategies
- Guidance around strategies to help manage difficult situations
- Developing tools to strengthen caregiver/child relationships
- Increasing understanding of typical stages of development
- Understanding stress and the body's natural responses to it



The CARE Clinic is available to you and your family for support and consultation. Research shows that having, at minimum, one strong relationship with a caring and supportive person is a key element to developing resilience. Resilience is the ability to bounce back from stressful circumstances. The CARE Clinic can provide information and strategies to support the further development of your relationship.

The CARE Clinic values inclusivity and we recognize that you already have a unique set of strengths and skills. We can discuss with you ways to further develop and enhance those strengths through the use of evidence informed strategies or tools that can support you and your family through life's challenging situations.



HOPE

For more information: [www.vanier.com](http://www.vanier.com)

In collaboration with Family Centres across London:

The CARE Clinic is here for you.

Call you local Family Centre for our schedule or visit: [www.vanier.com](http://www.vanier.com)

ARGYLE  
519-455-2791

CARLING-THAMES  
519-432-0488

FANSHAWE  
519-452-0362

FOX HOLLOW  
519-474-0190

WESTMINSTER  
519-649-1248

WESTMOUNT (consult only)  
519-473-2825

WHITE OAKS (consult only)  
519-685-1400



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Drop-in support or scheduled appointments are available by contacting your local Family Centre.

Appointment Information:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_

Follow Us:



@CEclinic - for updates, our schedule and information



GROWTH



CARE CLINIC

CHILD  
ATTACHMENT  
RELATIONSHIP  
ENGAGEMENT