



The PAIR Clinic is available to offer you support and consultation around your baby's emotional development.

We provide therapy to parents and caregivers going through stressful times (for example, Post Partum Depression, anxiety, high conflict relationships, isolation, physical and mental health issues, high frustration).

We provide information that will help you use your relationship as the most essential tool to help your baby's brain develop. As well, learn emotional co-regulation skills, and how to build a foundation for future healthy relationships.



For more information: www.vanier.com

Your relationship with your baby is essential to their future.

Did you know your baby is so connected with you, so in tune, that everything you might be going through affect them and their developing brain?

Stress in your environment or challenges that you are facing may impact your baby's emotional development.

Your baby can face stressors and get through it with the help of your relationship and your day to day interactions.



We are all part of your team.

Our knowledgeable staff at the PAIR Clinic are working together with partners in the community to support families as they provide healthy connections for their babies.

We offer community professionals:

- Consultation regarding infants emotional needs and, what impacts brain development;
- Workshops to enhance partners' skills and understanding of infant mental health and, caregiver needs.



Located within Family Centres across London:

The PAIR Clinic is here for you.

Call you local Family Centre for our schedule or visit: 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
519-473-2825

WHITE OAKS
519-685-1400



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Children's Mental Wellness

CARING. SUPPORTING. TRANSFORMING LIVES.

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

Appointment Information:

Date: _____

Time: _____

Location: _____

Phone: _____

Contact Us:



@PAIRclinic - follow us for updates, our schedule and information



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Children's Mental Wellness



PAIR CLINIC

**PARENT & INFANT
RELATIONSHIP
CLINIC**