

WELCOME TO CHILD-PARENT THERAPY!



We know that being in dependency court is difficult. We believe Child-Parent Therapy can be a positive chance to learn and grow in your relationship with your baby.

We care deeply about families and children and want to help you to be the best that you can be. We know a lot about child development and early relationships. And we know that lots of things can happen to get families off-track. Those things can be: stress, the demands of daily living, bad things happening in your life or feeling overwhelmed. We help families to get back on track by listening, helping find resources and problem-solving.

What are your hopes?

As a parent, would you like to:

- Better understand what's happening as your child grows and changes?
- Do things differently than the way you were raised?
- Understand what your child is trying to tell you before he/she can talk?

Would you like to see your child:

- Feel safe and connected with you?
- Have the skills to cope with frustration better?
- Learn how to communicate with you?

What kind of things do we do?

- We help you understand how your child is growing and changing
- We help your child deal with feelings
- We help you deal with your feelings about being a parent
- We strengthen the relationship between you and your child

What kinds of families do we serve?

- Families with a dependency court case in the Kent Dependency Court (Maleng Regional Justice Center)
- Families with a child under 30 months old
- Parents who want to participate and are willing to meet once a week

Do parents have to pay for the therapy?

No. This program is free to families, no matter what your income or insurance is.

Where do families go for Child-Parent Therapy?

The Navos therapist will meet you and your child in a place that is convenient and comfortable for your family, such as your home or an arranged visitation site. We can even help with transportation!

How does a family get started?

We'd like the chance to answer any questions you have and see if Child-Parent Therapy is right for you.

Contact your attorney to make a referral or complete and fax in the form on the back of this flyer.

We'll look forward to hearing from you!

SUPPORTING EARLY CONNECTIONS KING COUNTY INFANT MENTAL HEALTH DEPENDENCY COURT PROJECT

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