

Who Do We See

- Infants and children under 5 years of age at the time of referral.
- Families living in Vancouver.
- The parent/caregiver has ongoing concerns about their child, their parenting, and/or their relationship with their child.
- The parent/caregiver has spoken with another community professional who shares their concerns for the child.

We accept referrals from professionals and parents.

There is no cost for services.

Funding is provided through the Ministry of Children and Family Development.

Contact

Mary Lee Best – Coordinator
604-675-3996 ext. 21304

How to Get Here By Translink

Buses:

#9, #99, and #20 from Broadway/
Commercial Skytrain Station

Parking

Free parking on the street.



Vision:

**We are committed to supporting
healthy lives in healthy communities
with our partners through care,
education and research.**

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Alan Cashmore Centre



*Early childhood mental health services
for families with infants and children
under five years old.*

1669 East Broadway, Suite 420
Vancouver, BC V5N 1V9
Phone: 604-675-3996
Fax: 604-454-0959

Monday to Friday
8:30 am – 5:00 pm

Vancouver Acute &
Community Mental Health

About Us

Alan Cashmore Centre is an early childhood mental health team for families with infants and children under five years of age. We provide services to families who live in Vancouver.

What Do We Do?

We provide treatment and support to families who have concerns about their child's ability to manage in two or more of the following areas of development:

Emotional – managing feelings including anger and sadness;

Social – getting along with other children;

Behavioural – being aggressive, withdrawn or not doing what is expected.

Goals

- To help families understand the importance of feelings and how to show them in a healthy way.
- To help children feel safe and secure.
- To help parents/caregivers and their children have satisfying relationships.
- To help parents/caregivers learn ways to be more responsive to their children.
- To help children be socially capable.

Our Beliefs

Every child needs the support of strong and healthy family relationships.

Building on family strengths helps provide a solid base for a child's emotional health and well-being.

Children and families make changes more easily when everyone plays a part.

For these reasons we believe that parents and caregivers should always be involved in the treatment.

Services for Families

We provide a range of therapy services which may include:

- Talking with parents/caregivers about their concerns for their child and/or parenting.
- Working with the child and parent together to help understand their relationship.
- Using play, individually or in a group setting, to help the child understand his or her feelings.
- Working with the child and parent together to promote language development.
- Meeting with parents/caregivers for support and education about parenting.

Services for the Early Childhood Community

Early Childhood Centre Outreach Program

- Provides hands-on support and consultation to childcare staff in their own centres.
- Enhances staff confidence and skill in caring for children with behavioural, social or emotional difficulties.

Education & Consultation

- Provides information about early childhood mental health to childcare centres, community health centres, family places, and neighbourhood houses.

Our Staff

- Family and Child Therapists
- Child Psychiatrists
- Child Care Counsellors
- Registered Speech-Language Pathologist