



## Communities of Support

### Reflective Spaces for Home-Based Providers

The California Infant and Early Childhood Mental Health Consultation (IECMHC) Network offers virtual reflective community groups for home-based child care and early education providers across California. The variety of groups aims to provide a consistent and supportive space for home-based providers from various backgrounds to share their experiences and explore their strengths, stressors, and hopes for themselves and the children and families in their care. Groups are offered in both English and Spanish for family, friend, and neighbor (FFN) caregivers and family child care home (FCCH) providers to support their well-being in their daily care and interactions with young children and their families. Group sessions are highly interactive and encourage active participation.

### Who?

Any FCCH provider or FFN caregiver who provides care for children from birth to age five in California.

### Am I an FFN?

Do you care for children of a family member, friend, or neighbor on a regular basis? Then you are an FFN!

### What Is Included?

- ✓ One information session in English & Spanish
- ✓ Five small group sessions
- ✓ Connection and support from a community of caregivers
- ✓ Engaging discussion with other early childhood caregivers
- ✓ Connect. Reflect. Grow. kit of books and materials you can use in your care of young children
- ✓ Stipend cards valued at \$25 per session; based on the number of sessions attended, a potential total value of \$125

\*Caregiver Connections series available to providers who have participated in the other groups. No stipends or kits are available for the returning Caregiver Connections group participants.

### Available Series

- Caregiver Well-Being
- Supporting Connections & Relationships
- Reflection and Collective Healing: Empowering BIPOC Voices for Generations Through Story Sharing
- Caregiver Connections: Creating and Sustaining Supportive Communities\*

To attend an information session listed below, sign up on the website at [iecmhcnetwork.org/events](https://iecmhcnetwork.org/events)

### Spring 2025 Information Session Dates (English):

- Monday, 03/24 at 6 p.m.



SCAN ME

**Questions?** Contact the Event Registration number: at 877-524-2422 (ext.4714) or email us at [iecmhcnetwork@wested.org](mailto:iecmhcnetwork@wested.org)

Visit [the IECMHC website](https://iecmhcnetwork.org) for more information about all our services.



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