



IECMHC Network

Infant and Early Childhood Mental Health Consultation Network

Connect. Reflect. Grow.

For more information, call our Helpline
at 1-877-524-2422 or email us at
IECMHCNetwork@wested.org

Family, Friends, and Neighbors Connect with a Consultant and Other Caregivers!

Consultation can help you increase your understanding of children's behavior and development, strengthen your relationship with families, access community connections, and care for yourself.

Am I a Family, Friend, or Neighbor (FFN) Caregiver?

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

Why Should I Seek Consultation?

- ▶ Are you feeling burnt out?
- ▶ Do you need additional support in understanding and responding to children's behavior?
- ▶ Would you like to develop more skills to support children's social, emotional, and mental health?
- ▶ Do children in your care need help coping with stress and trauma?

Areas of Support

- Focusing on your relationships with the children and families in your care
- Responding to behavior that you may find concerning or challenging
- Caring for children with specific developmental needs
- Promoting your mental health and well-being

How Will Consultation Be Provided?

Virtually, over three months, through a combination of three individual and four group sessions, with an IECMHC Network consultant.

Consultation groups begin in **September** and **November**.
See below the group session dates:

September Groups

Wednesday, October 1, 2025, 6:00 p.m. – 7:30 p.m.
Wednesday, October 8, 2025, 6:00 p.m. – 7:30 p.m.
Wednesday, October 29, 2025, 6:00 p.m. – 7:30 p.m.
Wednesday, November 5, 2025, 6:00 p.m. – 7:30 p.m.

November Groups

Monday, November 17, 2025, 5:00 p.m. – 6:30 p.m.
Monday, December 1, 2025, 5:00 p.m. – 6:30 p.m.
Monday, December 15, 2025, 5:00 p.m. – 6:30 p.m.
Monday, January 5, 2026, 5:00 p.m. – 6:30 p.m.



HELP IS HERE!

The IECMHC Network services are offered at **no cost!**
FFNs who participate in consultation services are eligible
to receive a **stipend up to \$175** and a **Connect. Reflect.
Grow. Kit**.

To sign up for consultation, [submit a new request form](#). A
member from our team will contact you.



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To learn more about the
IECMHC Network and the
various services available to
you, [visit our website](#).



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