



IECMHC Network

Infant and Early Childhood Mental Health Consultation Network
Connect. Reflect. Grow.

Communities of Support (CoS)

Reflective Groups for Child Care & Early Learning Providers

The California Infant and Early Childhood Mental Health Consultation (IECMHC) Network offers free virtual Communities of Support for all child care and early learning providers throughout California.

Connect. Reflect. Grow.

Join a supportive community where caregivers can:

- Share experiences and build connections with peers
- Reflect on strengths, challenges, and goals
- Explore topics that support provider well-being and relational health
- Learn in a safe, welcoming, and interactive environment

All groups are facilitated by Infant and Early Childhood Mental Health Consultants and Specialists.

Group Themes

Home-Based Providers Only:

- Caregiver Well-Being
- Reflective & Collective Healing: Empowering BIPOC Voices Through Story Sharing

Home-Based and Center-Based Providers:

- Male Caregiver Mental Health
- Trauma-Responsive Care
- Supporting Young Boys of Color

Participation Benefits

- ✓ Virtual sessions offered in English and Spanish
- ✓ Interactive discussions and peer support
- ✓ Educational materials and resources provided to eligible participants
- ✓ Eligible participants may receive a stipend of up to \$125 (once per fiscal year)

Learn More and Register

Visit: iecmhcnetwork.org/services/communities-of-support

California Infant and Early Childhood Mental Health Consultation (IECMHC) Network is coordinated by WestEd and funded by the California Department of Social Services.

Looking for Other Support?

Check out a monthly [Open-Door session](#) and our [Consultation Services](#).



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Questions? Contact the Event Registration number: at **877-524-2422** or email us at iecmhcnetwork@wested.org

Visit **the IECMHC website** for more information about all our services.



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