

Who Do We See

- Infants and children 0 to 5 years of age at the time of referral
- Families living in Vancouver
- The parent/caregiver has ongoing concerns about their child's mental health, their parenting, and/or their relationship with their child.
- The parent/caregiver has talked with another community professional who shares their concerns for the child.

There is no cost for services.

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

To Refer

Families can self-refer by calling 604-675-3996, extension 0.

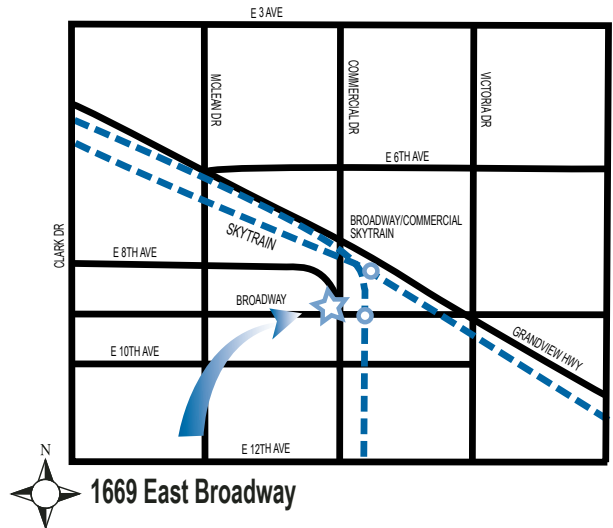
How To Get Here By Translink

Buses:

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

Parking

Free parking on the street



We acknowledge that our office is located on the traditional and unceded homelands of the x̱m̱əθkwəy̱əm (Musqueam), Skwxwú7mesh (Squamish), and Səl̓'lwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

The information in this document is intended solely for the person to whom it was given by the health care team. www.vch.ca

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Alan Cashmore Centre



Early childhood mental health services for families with infants and children 0 to 5 years old.

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

Monday, Wednesday, Friday 9:00 am - 5:00 pm
Tuesday and Thursday 9:00 am - 7:00 pm

Vancouver Child & Youth Mental
Health and Substance Use (CYMHSU)

Services for the Early Childhood Community

Early Childhood Centre

Outreach Program

- Can be Centre or Child specific
- Provides modelling and consultation to childcare staff in their own centres
- Enhances staff knowledge, confidence and skills in caring for children with social, emotional, and/or behavioural concerns

Education and 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
- Indigenous Family and Child Therapist
- Child Psychiatrists
- Child Care Counsellors
- Registered Speech-Language Pathologist
- Clinical Supervisor
- Office Manager

Our Beliefs

- Every child needs the support of 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
- Parents and caregivers are always involved in the treatment.

Services for Families

We provide a range of therapy services which may include:

- Intake screening and a discussion about community resources
- Psycho-educational workshops for parents/caregivers
- Therapeutic groups that involve both the child and their parent/caregiver
- Parent-child relational work to foster emotional development and healthy relationships.
- Therapeutic Day Program for children and their caregivers

About Us

Alan Cashmore Centre is an early childhood mental health team for families with infants and children 0 to 5 years of age. We provide services to families who live in Vancouver.

What Do We Do?

Our mandate is to provide voluntary mental health services to children experiencing moderate to severe mental health concerns that significantly impact their ability to function across a variety of settings. Treatment is provided within the context of the family and their community. We believe every child and family matters. With a focus on the caregiver-child relationship, we provide services that support the social, emotional, and/or behavioural functioning of the child.

- Social - getting along with other children
- Emotional - managing feelings including anxiety, anger, and sadness
- Behavioural - being aggressive, withdrawn, or not doing what is expected