

## Family Programs to Support Mental Health of Children Birth to 5 Years



Cabarrus Partnership  
for children

**Parents as Teachers (PAT)** An evidence-based, comprehensive home-visiting, parent education program that provides services to families with children from prenatal through kindergarten. For more information, please contact: Spencer Swain at 704-202-5057.

**Attachment and Bio-behavioral Catch-Up (ABC) Intervention** A training program for caregivers of infants and young children *6 to 24 months old*, including high-risk birth parents and caregivers of young children in foster care, kinship care (such as a grandparent raising a grandchild), and adoptive care. For more information, please contact: Spencer Swain at 704-202-5057.

**Celebrating Families!** An evidence-based cognitive behavioral support group model written for families in which one or both parents have a serious problem with alcohol or other drugs and in which there is a high risk for domestic violence, child abuse, or neglect. Celebrating Families!<sup>™</sup> works with every member of the family to strengthen recovery from alcohol and/or other drugs, break the cycle of addiction, and increase successful family reunification. For more information, please Spencer Swain at 704-202-5057.

**Parent-Child Interaction Therapy (PCIT) (for children 2.5 - 6 years)** An evidence-based treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. For more information, please contact: Laura Davis at 704-488-6258.

### **Circle of Parents Support Groups**

**The Superstars** Parent Support Group meets every other Tuesday at Child Development Services Agency (CDSA) located at 1065 Vinehaven Drive, NE, Concord, NC, 28025. Dinner and childcare are provided. A parenting support group for mothers and expectant mothers who want to live free from substance abuse. For more information, please contact Geneva Lopez at 704-467-1100 or genevalopez2012@gmail.com.

**M.O.D.E.L.S. (Moms or Dads Enhancing, Learning, Sharing)** Parent Support Groups are provided to help parents meet specific challenges of everyday life faced by pregnant and parenting teens and young moms. We provide a safe, non-judgmental environment for parents to share their successes and hardships in parenting. Our group aims to strengthen families, encourage parents, and build character. M.O.D.E.L.S. Groups meet at One Life Church, 1030 B Central Drive, Concord, NC 28025.

***M.O.D.E.L.S. Teen Parent Group*** meets the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of each month at 5:00 p.m. Dinner and child care provided. For more information, please contact Lashonda Houston at 704-912-1292 or lashonda@endless-opportunities.org

***M.O.D.E.L.S. Young Mom's Group*** meets the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of each month at 5:00 p.m. Dinner and child care are provided. For more information, please contact Yolanda Haywood at 704-918-5158 or embracingroyalty@yahoo.com