### **DOES YOUR CHILD SEEM...**

- □ angry or aggressive
- ☐ sad, withdrawn
- □ anxious and/or worried
- □ irritable/upsets easily

#### DO THEY...

- □ have problems at preschool/ childcare
- □ hurt themselves or others (hitting, biting, etc.)
- ☐ have trouble calming down
- ☐ have severe temper tantrums
- □ cry uncontrollably

#### ARE YOU...

- □ tired all the time
- missing appointments
- □ not interested in playing, interacting with your child
- ☐ nervous, stressed, worried
- □ overwhelmed
- □ concerned about changes in your child's behavior

Many of these behaviors are normal. When the behavior becomes frequent and/or difficult to cope with your daily life, this is a concern. Providing emotional support and teaching children how to express and control their feelings can prevent these problems from getting worse.

If you checked one or more boxes above, please contact one of the many resources available in our community for help.

IT'S OK TO ASK.

Still have questions or need additional help?

CALL Connecting Point 316-267-3535

point

www.connectingpt.org

S. C. E. C. C. C.

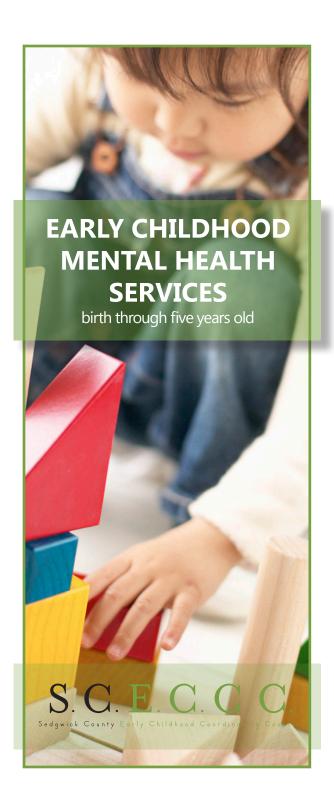
SUPPORTING CHILDREN AND FAMILIES
THROUGH COMMUNITY COLLABORATIONS

## **Early Childhood Mental Health Committee**

A workgroup of the Sedgwick County Early Childhood Coordinating Council

For more information on early childhood mental health, please visit:

zerotothree.org childtrauma.org kaimh.org



# **SERVICES**

**Home-Based Support Programs** 

Early Head Start	682-1853
Healthy Babies	
Healthy Families	
Parents as Teachers	
Rainbows United, Inc	
(tiny-k)	

# **Parenting Education & Groups**

Cana Counseling Center	263-6941	
FCS Counseling		
Kansas Children's		
Service League	942-4261	
Wesley Medical Center		
Family Life Education	962-2290	
Complete listing: supportgroupsinks.org		

For more resource and referral options, call **Connecting Point 267-3535** or



# **Early Childhood Mental Health**

CENTER ON FAMILY LIVING friends.edu/center-family-living>> 295-5638 Therapeutic services; Ages Served: two-five\*

# **COMCARE CHILDREN SERVICES** sedgwickcounty.org/comcare>> 660-9600

Therapy, medication evaluations, psychosocial groups, case management, attendant care, therapeutic preschool, parent support services • ; Ages Served: three–five\* (SED waiver at 4)

#### **FCS COUNSELING**

fcscounseling.com>>264-8317 Outpatient and school-based therapy, parenting classes ◆■; Ages Served: three—five\* (will see two year olds with doctor referral)

#### **K**IDZCOPE

kidzcope.com>>263-3335 Support groups for grieving children; Ages Served: three–five\*

MENTAL HEALTH ASSOCIATION mhasck.org >> 685-1821
Therapy, medication evaluations, case management, attendant care, parent support services ♦; Ages Served: three–five\*

# **Early Childhood Mental Health,** continued

Prairie View, Inc. prairieview.org>>634-4700 or 729-6555

Outpatient therapy, medication evaluations and management, school-based services, case management, parent support services, psychological evaluations, developmental screens, summer preschool • ; Ages Served: birth-five\*

RAINBOWS UNITED, INC.
rainbowsunited.org>>260-4673
Assessment, child care consultation,
parent support ◆■; Ages Served:
birth-five\*

SCREEN FOR SUCCESS/CONNECTING POINT, sponsored by USD 259 & Rainbows United connectingpt.org>>267-3535
Behavioral/mental health screening;
Ages Served: birth–five

WICHITA CHILD GUIDANCE CENTER, a division of Kansas Children's Service League kcsl.org >> 686-6671
Therapy, medication management, psychological evaluations ◆■; Ages Served: prenatal–five\*

For a list of clinicians in private practice, call **Connecting Point 267-3535**.

\* Other Ages Served ♦ Home-Based Services Available ■ Interpreter or Bilingual Services Available