

Early Connections/ Conexiones Tempranas

The Center for Early Relationship Support

JF&CS offers a range of services to families in Greater Waltham to address traumatic stress and build resilience in children up to age five.

We serve children in the earliest years of life, helping families to build resilience, heal from traumatic stress, and cultivate nurturing relationships.

What we do:

- **Family Therapy:** Our clinicians are trained in child-parent psychotherapy (CPP), an evidence-based treatment for young children and their caregivers.
- **Family Support Partner:** For families enrolled in child-parent psychotherapy, a JF&CS Family Support Partner is available to provide peer support and connect families with resources. Family Support Partners are highly trained and closely supervised mothers from the community.
- **Circle of Security Parenting Groups:** We help parents understand their child's emotional needs and support their child's ability to manage their emotions

Focus on community:

Early Connections/Conexiones Tempranas is also designed to support providers and partner agencies, improving the resilience of our community as a whole. We offer trainings on issues related to child trauma, evidence-based treatment, and trauma-informed care. Through our Early Childhood Resilience Network, we partner with agencies to provide individualized consultation, training, and collaboration.



Who we serve

- Pregnant and postpartum women
- Parents and caregivers with children ages birth to five
- English and Spanish speaking families

**For more information,
contact Karen Garber,
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781-693-5048.**