

Early Connections[®]

The Center for Early Relationship Support

Early Connections[®] is a therapeutic service for parents experiencing emotional difficulties during the transition to parenthood, whether during pregnancy or after birth.

The period of early parenting is a time of tremendous change and adjustment for both parents and babies. For parents struggling with postpartum depression and/or anxiety, or with feelings of disconnection from their baby, this time can be particularly challenging. For babies with early vulnerabilities or unusual fussiness, the journey can be stressful. For these families, parenthood can be isolating and it can feel like there is nowhere to turn for help.

Early Connections offers sensitive, specialized treatment by clinicians trained in perinatal and infant mental health. Our clinicians help parents feel more confident in their new relationship with their baby and to cope with the complex emotions that arise. By focusing on the early experiences of both parent and baby, our clinicians help them find their way to a strong, healthy relationship.

"The time I spent with my clinician was a safe, comfortable home, almost a haven for me, where my innermost thoughts and fears could come out. In these times I was not ashamed of what I was feeling."

- Client

Early Connections is non-sectarian and open to all parents in the community.



Who we serve

- Pregnant and postpartum parents
- Parent with children age 0-3
- Families in Greater Boston

Services

- Weekly sessions (home, office or telehealth for some treatment modalities)
- Referrals for social service needs and group support, including our free weekly support group

**For more information,
please contact us at
CERSIntake@jfcsboston.org
or 781-693-1200.**