

## Programs

### Crisis

Vanier is there in a crisis. We offer 24/7 support to families or direct to youth 12 years and older; information, crisis counselling, waiting list support and referrals.

### Early Years & Families

Vanier has early intervention programs for parents and children up to age 7 who have experienced abuse or trauma, or have challenging behaviours or social and attachment problems. We provide a range of assessment and treatment programs for children who can't cope in day-care, preschool or kindergarten.

### Community Mental Health Services

We provide family therapy, group programs for parents, children and youth, in-home support to prevent, reduce and cope with social, emotional, behavioural and psychiatric problems. *Services d'accueil disponible en français.*

### Living at Vanier

In a home-like environment, we support children who need short-term stabilization, treatment, day and overnight respite care. We work closely with families towards a speedy return home. Treatment foster care is available for children who have long-term needs. There is an on-campus school providing day treatment programs in collaboration with the W.D. Sutton School, Thames Valley District School Board.

### Vanier in the community

We partner with many other organizations in the community to identify behavioural and emotional problems early and provide a wide range of groups for children and youth, as well as programs to help build parenting skills.



Real Families.  
Real Problems.  
Real Help.

### What real parents say...

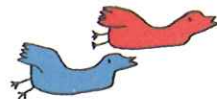
"I was overwhelmed with feelings of failure. I thought that I was a bad parent."

"I knew there was something wrong. We went to all kinds of appointments, but it wasn't until we got to Vanier that my son was diagnosed. We're finally back on track."

"The staff at Vanier are so non-judgmental. I felt that they accepted my child and our whole family and were there to help, not find fault."

"Finally! I don't feel like I'm all alone. I'm not a bad parent after all. My daughter needs help and she is getting it thanks to Vanier."

"At first, I didn't want to believe that my son had a mental illness. But I also knew we couldn't ignore it anymore. Vanier helped us all come to terms with it and start the healing process."



Accredited by Children's Mental Health Ontario

**Vanier**  
children's services

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By Stacy



Is your child's  
behaviour telling  
you there's a problem?

Vanier can help.

**Vanier**  
children's services

Real Families. Real Problems. Real Help.

## Concerned about your child's behaviour?

If your child's behaviour is causing serious family, school or social problems, there could be an underlying cause that requires treatment.

### Early signs that your child may have a mental health problem include:

- Sudden changes in mood or behaviour
- Sadness, withdrawal, moodiness, anxiety
- Inability to concentrate
- Anger, aggression, hostility
- Irritability, temper tantrums
- Restlessness, easily annoyed

### More advanced symptoms include:

- Depression
- Substance abuse
- Loss of touch with reality
- Self-injury
- Suicidal behaviour
- Violence
- Attention deficits/hyperactivity
- Defiance



As adults, we understand how stress can affect us. Children experience stress too.

The causes of mental health problems are different for every child. They could be reacting to overwhelming stresses. Or they might not have had a good start in life.

In any family, each person's problems are felt by everyone else.

Getting help for you and your child is the first step.

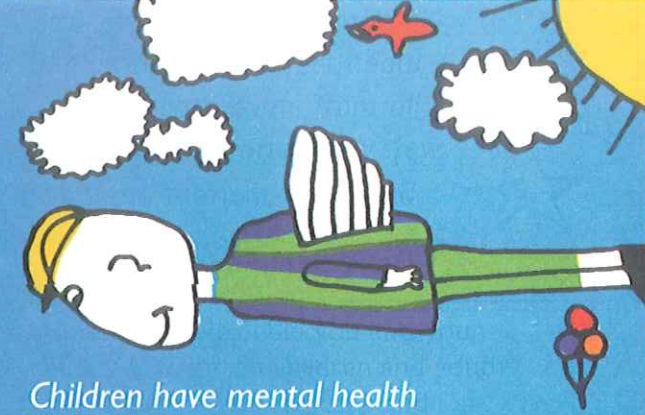


## Keeping young lives on track

If your child is experiencing these problems, don't wait to seek help. Early intervention and treatment can significantly reduce symptoms like anger, anxiety and depression.

Treatment works. Vanier provides a wide variety of programs and services including counselling, cognitive behaviour therapy, medication and parent training, as well as individual and family therapy. Left untreated, your child's symptoms could continue to get worse and your child could carry their problems into adulthood.

*"By the time we got to Vanier, my son was totally out of control. The staff were so great to listen and understand our problems. They helped us find our strengths as a family and build on them."*



*Children have mental health problems too. In fact, mental health disorders affect about 1 in 5 children. They come from all kinds of families. Unfortunately, few get the treatment they need.*



**Vanier can help. Call us today.**

Vanier is here to help you and your child. We focus on children and youth from birth to 14. Programs and services are flexible to the specific needs of each family.

Most services are free of charge; please enquire.

You do not need a physician's referral to come to Vanier.

If you are not sure that a referral to Vanier is right for your child, staff at the centre will help you decide.

If you are in a crisis now or just want more info, call 433-0334.

A qualified professional will answer your call, day or night, and we will set up an appointment as quickly as possible.

Services d'accueil aussi disponible en français: 433-3101, poste #228.