

PAIR Clinics are located within Family Centres across London.

Call your local Family Centre for our schedule or visit: www.vanier.com

ARGYLE - 1990 Royal Cres.
Lord Nelson Public School
519-455-2791

CARLING-THAMES - 335 Belfield St.
Northbrae Public School
519-432-0488

FANSHAWE - 1800 Cedar Hollow Blvd.
Cedar Hollow Public School
519-452-0362

FOX HOLLOW - 2435 Buroak Dr.
Sir Arthur Currie Public School
519-474-0190

WESTMINSTER - 690 Osgoode Dr.
St. Francis Catholic School
519-649-1248

WESTMOUNT - 1019 Viscount Rd.
Rose of Lima Catholic School
519-473-2825

WHITE OAKS - 565 Bradley Ave.
White Oaks Public School
519-685-1400

CHILDREACH - 265 Maitland St.
519-434-3644

Drop-in support or scheduled appointments are available by contacting your local Family Centre.

Appointment Information:

Date: _____

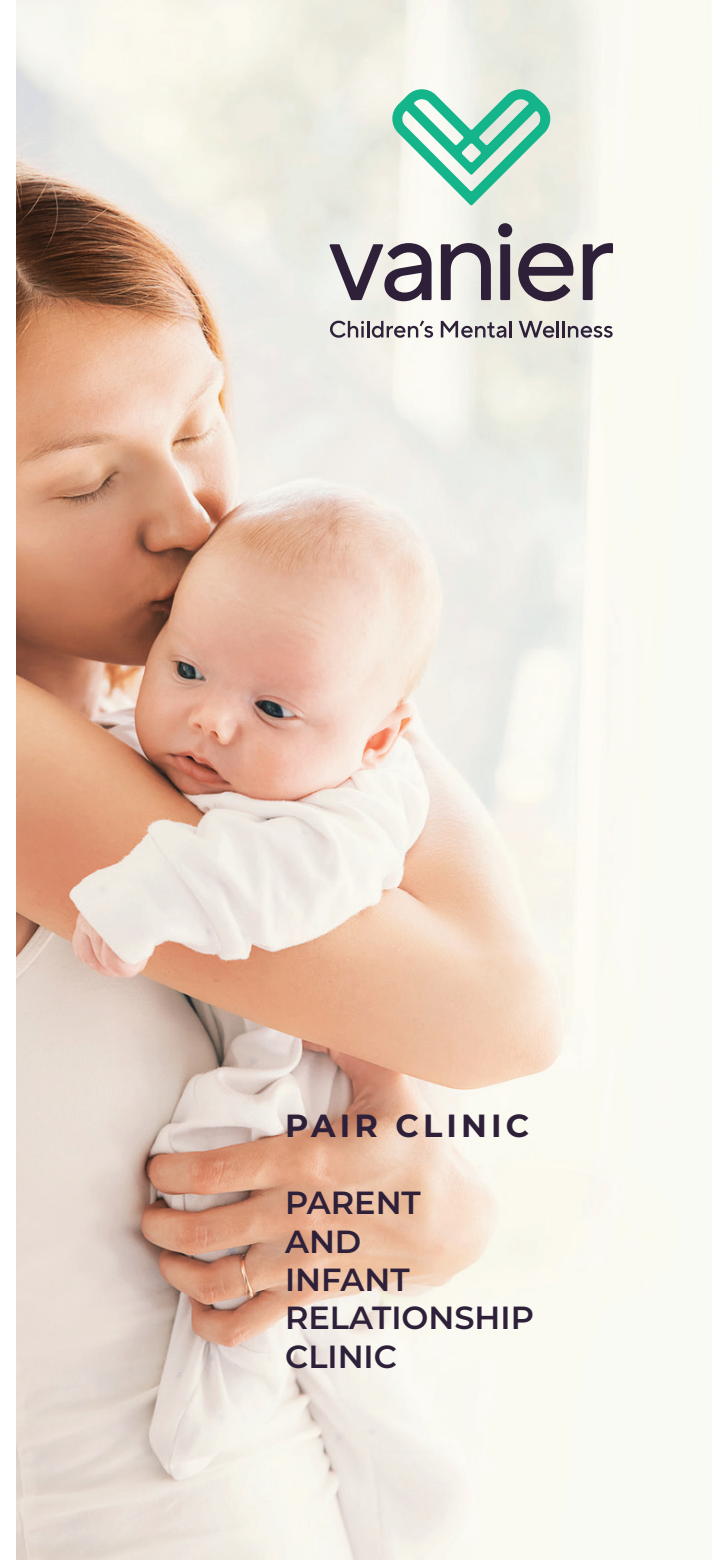
Time: _____

Location: _____

Phone: _____



vanier
Children's Mental Wellness



PAIR CLINIC

**PARENT
AND
INFANT
RELATIONSHIP
CLINIC**

The PAIR Clinic is available to offer you support and consultation around your baby's emotional development.

Our mission is to promote a secure Parent-Infant Relationship, by providing compassionate support, evidence-based education, and therapeutic services.

We believe that healthy relationships during these formative years lay the foundation for lifelong well-being. This places your relationship as the most essential tool to help your baby's brain develop; therefore, our services can support you in reflecting upon your baby's emotional cues as well as to strengthening your emotional co-regulation responses.

We believe parental mental health matters and we prioritize your wellbeing by offering a safe space, resources to enhance your emotional resilience, self-care practices, and by making referrals.

We can help you navigate the following stressors:

- Postpartum Depression & Anxiety
- Feelings of Isolation
- Postpartum Rage & Stress
- High Conflict Relationships
- Parental Mental Health & Wellbeing

Did you know?

- Your baby is so connected with you and so in tune, that everything you might be going through affects them and their developing brain.
- Stress in their environment or challenges that you are facing may impact your baby's emotional development.
- Your baby can face stress and get through it with the help of your relationship and your day-to-day interactions.
- Your relationship with your baby is the biggest protective factor and essential for their overall development.

*A baby is born with a need
to be loved - and never
outgrows it.*

- Frank Clark

Who: You will meet with a Child and Family Therapist from Vanier Children's Mental Wellness. We will provide a service for parents or caregivers with children under 3 years of age. Expecting parents are also welcome.

Where: At your local Family Centre (see back for more details)

What: 1 to 3 sessions available up to 90 minutes per appointment

Why: To promote Parent and Child Mental Health and Well-Being.

FREE AND CONFIDENTIAL