

Natural Helpers for the Children Learning Circle

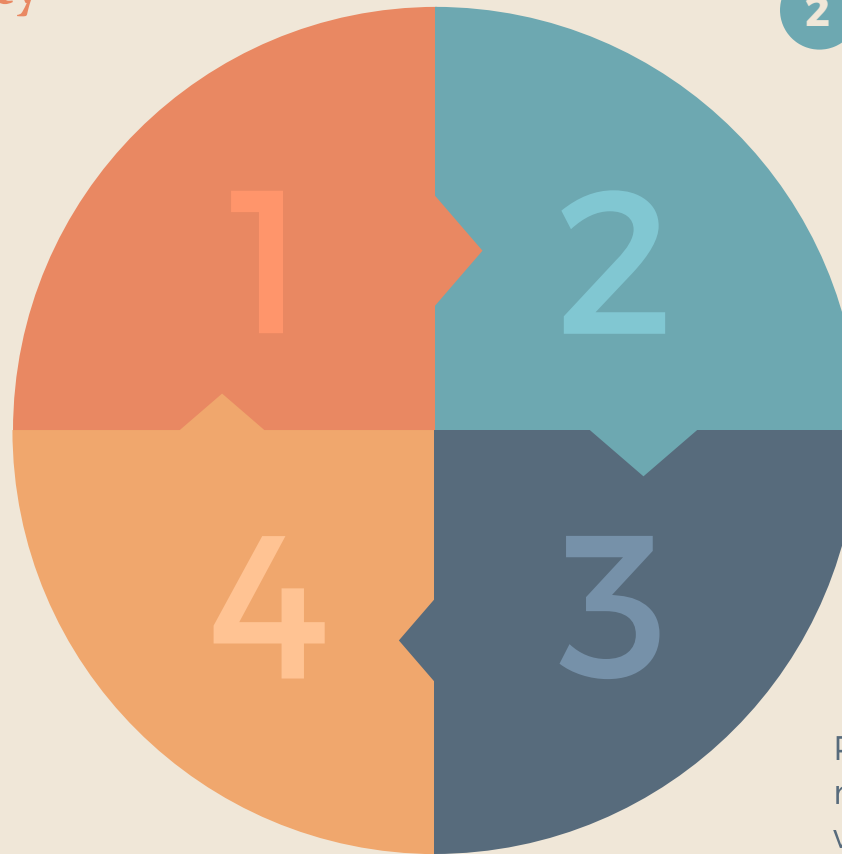
INFANT AND EARLY MENTAL HEALTH
COMMUNITY PROGRAM

1 Invite community members

ALL Interested community members are invited to participate in the FREE training (students, elders, parents, caregivers, community members)

4 Reflect & Take action

Participants reflect on what they have learned and consider actions they can take to support infants, children, and families in their community



2 Introduce infant & early mental health

Participants learn about the many ways mental health development in infants and young children can be strengthened and supported by family, caregivers and the community

3 Connect to Indigenous ways of being & knowing

Participants are supported to make cultural connections to what they are learning while reflecting on their history, culture and community