Who May Benefit?
Children who...

- have unresolved behavior problems, such as aggressiveness, anger and disobedience
- are often anxious, fearful, depressed and show emotional distress
- have stress-related physical symptoms, such as eating, sleeping or bladder/bowel control problems
- have difficult reactions to physical illnesses, handicaps, hospitalization or painful medical procedures
- have a limited capacity for close relationships with their family or difficulty letting themselves be comforted and loved
- have difficulty coping with stressful or traumatic experiences, such as conflict or violence in the home, death of a loved one, physical or sexual abuse, family substance abuse or other traumatic events

Schedule an Appointment and Learn about Our Services
Call 303.617.2300
Monday – Friday 8 a.m. - 5 p.m.

Fees and Insurance
Our services are affordable and accessible. Our fees vary according to services provided. A sliding fee scale is available.

EARLY CHILDHOOD AND FAMILY CENTER
Helping Early-When It Matters Most
A Program of Aurora Mental Health Center

CHANGING LIVES.
BUILDING A BETTER COMMUNITY.
THE BENEFITS
Education, Help and Hope for Healing

1 Parenting Support
Informative and engaging parenting classes with a curriculum that has been proven to make a difference in parenting young children. Classes and groups can also take some of the isolation out of the difficult job of parenting.

2 Therapy
Play-based therapy and evidence-based treatment help young children express their feelings and learn new skills, especially when their loved ones are actively included.

3 Intensive Assessments
Our clinicians are highly trained in infant and early childhood mental health and can provide psychological assessments to help you better understand your little one.

4 Trauma Treatment
When life has been difficult, trauma-focused therapy can help both child and caregiver overcome the impact of traumatic events or difficult separations.

5 New Mother Counseling
Pregnancy and the post-partum period can trigger depression, anxiety and other emotional challenges. If those issues don’t resolve quickly, it’s important for the mother and family to reach out for help.

6 Consultation to Childcare
We have a team that specializes in helping childcare providers support young children in their childcare centers and homes.

7 Culturally Sensitive
Young children learn about their culture through the everyday parenting practices of those who care for them. We strive to support your unique values and ways of parenting.

8 Expertise
Our clinicians, consultants, psychiatrists and case managers all have special training and education in working with infants, toddlers and preschool children and their caregivers. We offer treatment that is evidence-based and proven to be effective.

Strengthening Families, Helping Early
When little children have big problems, parents and caregivers often feel it is their fault. Or they are told their child “will grow out of it.” But development is moving fast in early childhood and children can’t wait. And neither can you.

The Importance of Relationships
Babies and young children depend on sensitive care from the important people in their lives. When it is difficult to provide sensitive care, parents and caregivers may feel discouraged, angry, sad and frustrated. At ECFC, we help you and your child re-connect so that your care is successful and your child can thrive.

Why Little Ones Might Need Mental Health Services
Children may be born with sensitivities and needs that are difficult to understand. They may be hurt by events around them or things that happen to them. And sometimes, we just don’t know what causes behaviors that are difficult for caregivers to manage. We do know that early and expert help can make a life-long difference.