

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.

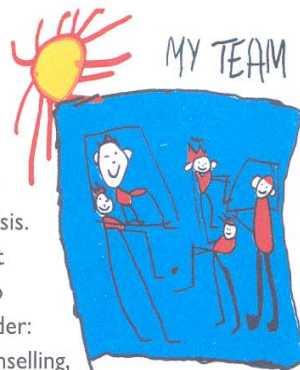
The causes of mental health problems are different for every child. They could be reacting to overwhelming stresses. Or they might not have had a good start in life.

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

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, referrals, and family therapy.



Early Years & Families

Vanier has special programs for parents and children up to age 7 who have experienced abuse or trauma, or have difficult behaviours or attachment problems. Children 3 to 6 years old who can't cope in day care, preschool or kindergarten are welcome at Vanier for our half-day program.

School Years

Children who have behavioural and learning challenges can come to Vanier for school. Small classes and personal attention help build confidence, social and learning skills. Vanier operates a satellite program in Strathroy.

Living at Vanier

Two cottages at Vanier support children who need short-term stabilization and treatment. Foster care is available for children who have long-term needs. We work closely with families toward a speedy return home.

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

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