



Harlem Child Development Center

Virginia and Leonard Marx Outpatient Clinic

BUILD A STRONG RELATIONSHIP WITH YOUR YOUNG CHILD

Being a parent to an infant or small child can be hard. Sometimes all the different challenges you face can seem overwhelming—despite loving your child and wanting what’s best for him or her. Our outpatient clinic serves families with infants, toddlers, and children up to age 8. The clinic offers a variety of services to support your child’s development and wellbeing, including:

- **Comprehensive evaluations** to help you understand the struggles your child is facing.
- **Individual play therapy and evidence-based interventions** such as Child-Parent Psychotherapy (CPP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) to help your family overcome any barriers.
- **Parent groups** to help parents feel less alone and gain concrete skills.
- **Individual therapy** available for parents.

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PLAY THERAPY AND DYADIC THERAPY

Play therapy is to children what talk therapy is to adults. Play is a child's language. No matter what verbal language children speak, children express themselves best through their natural language—the language of play. In Dyadic Therapy, the important caregivers in the child's life are included in the play therapy sessions. Dyadic therapy helps to enhance the attachment between the child and caregiver and supports the caregiver in responding to the child's cues and needs effectively.

TRAUMA THERAPY

At HCDC we offer therapies to children who have experienced a traumatic event such as a loss or separation from a caregiver, physical or sexual abuse, witnessing domestic violence, serious injury or illness, homelessness. Children who have experienced a traumatic event may have angry outbursts, nightmares or anxious thoughts. Signs of their trauma may include repetitive play about the event, temporary loss of skills they have such as toileting, and avoiding people and places that remind them of the event.

The two trauma therapies offered are Child-Parent Psychotherapy (CPP) for families with children 0-5 and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for families with children ages 6 and up.

CHILDREN'S GROUPS

Group therapy can help children work on their particular challenges while also feeling accepted and supported by their peers. They learn that other children may be experiencing similar difficulties and they are able to form connections and work together to improve their coping skills. Our children's groups address issues such as social skills, hyperactivity and inattention.

PARENT GROUPS

- *Parenting Journey* is a 12-week group that focuses on the caregiver as a whole person. By reflecting on their own childhoods, caregivers are able to choose what kind of parents they want to be and create their own style of parenting – one that reflects their personal vision and values and meets the needs of the child.
- *Circle of Security* is an 8-week group that helps caregivers learn about attachment in a practical way. The group uses videos and discussions to help the caregiver learn and strengthen the following skills: interpreting their child's cues and understanding their emotional needs, supporting their child's ability to manage emotions, and enhance the development of their child's self-esteem.

WHAT RESULTS CAN I EXPECT? Your therapist will work with you and your child to:

- Help you build a strong, nurturing, and safe relationship
- Learn more about your child's needs
- Understand your worries and past experiences, and how they may affect your parenting
- Help your child overcome any barriers to reaching his or her full potential
- Help your child develop coping skills

HOW MUCH WILL THESE SERVICES COST? The Harlem Child Development Center accepts most major insurance plans, including Medicaid. We also offer a sliding scale for families without insurance coverage. No family will be turned away regardless of coverage or ability to pay.



TO SCHEDULE AN APPOINTMENT

**1.844.ONE.CALL
(1.844.663.2255)**

The Jewish Board is New York City's largest human services provider, offering a comprehensive network of services to New Yorkers of all backgrounds and religions through behavioral health, family support, social service, and early childhood programming at 75 sites in New York City and Westchester.

TO LEARN MORE HARLEM CHILD DEVELOPMENT CENTER

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