

Services Offered

- Individual, dyadic & family therapeutic interventions
- Parent Coaching
- Parenting & Resiliency Groups
- Attachment Assessment & Intervention
- Art Therapy
- Mindfulness-based Intervention
- Play Therapy



Services are offered in partnership with the following Young Parent Resource Centres in Toronto:

- Humewood House
- Jessie's-The June Callwood Centre for Young Women
- Massey Centre for Women
- Rosalie Hall

Referrals may be coordinated with schools if required.

For more information or to make a referral please contact:

Rosalie Hall
Phone: 416-438-6880
Fax: 416-438-2457
E-mail: info@rosaliehall.com

Funded by:
Ontario Ministry of Children and Youth Services
and the generous support of donors

Community Care & Treatment Team



Supporting young parents
to create brighter futures
for their children and
themselves.

ROSALIE  HALL
A YOUNG PARENT RESOURCE CENTRE

Babies don't come with instructions!



- Do you ever wonder what your baby is trying to say to you?
- Do you have questions about how your child is developing or how to be the best parent you can be?
- Do you ever find yourself acting like your parents, when you swore you never would?

Parenting is not an easy job.

Promoting mental health is a gift you can offer your baby right from the beginning of your pregnancy!

Being able to recognize and meet your own, and your baby's emotional, cognitive, and physical needs is critical to the well-being and healthy development of your child.

You are not alone.

- Do you sometimes experience feelings of sadness or anxiety?
- Do you sometimes feel worried or overwhelmed about parenting?
- Do other challenges you are facing sometimes get in the way of your parenting?

Did you know...

- Many young parents build confidence in their role by accessing supports outside their family.
- Many young parents struggle with depression and/or anxiety.
- 45-56% of adolescent parents have endured some kind of abuse or trauma.
(Statistics Canada 2011; Noll et al 2009)



You are the most important person in your baby's life.

The Community Care and Treatment Team (CCATT):

CCATT is a multidisciplinary team that assists young parents and their children to reach their potential through the provision of evidence-based mental health, attachment, and trauma-informed care.



CCATT clinicians provide services to young parents under the age of 21 and their children (0-6) who would like support in the following areas of personal growth:

- Parenting/ healthy attachment
- Depression, anxiety, or other mental health challenges
- Trauma and loss
- Current or past abuse
- Difficulties with relationships
- Fostering resiliency strategies