



**PRAISE FOR  
MINDFUL  
BEGINNINGS**



# Mindful Beginnings

“This program has been a part of my life for over a year. I can honestly say that it helped me get through the roughest period of my life. One of the convenient parts was that our therapist came to our home. With three children and no transportation that helped a great deal. There are so many things my son has overcome with help from this program. He had a lot of fears and night terrors. He no longer wakes up at night. My children and I have come a long way.”

[WWW.NAVOS.ORG](http://WWW.NAVOS.ORG)

**NAVOS MISSION**

Improving the quality of life for people vulnerable to mental illness, by providing a broad continuum of care.

CHILD & FAMILY DEPT.  
2600 SW Holden Street  
Seattle WA 98126  
206 933 7000

Promoting positive relationships for infants/young children and their families

# Welcome to Mindful Beginnings!



## HOW TO ACCESS SERVICES:

1. Call (206) 248.8226, M-F, 8am-5pm & request an appointment with the Mindful Beginnings Program.
2. A short screening will be done, and then a time will be given for a first appointment.
3. After the appointment, you & your child will be assigned a therapist who will work with your family.

Our program is *mindful* (thoughtful) of the many challenges and strengths of families with young children.

We are a caring team of clinicians who have expertise in infant/child development and family relationships. Our work helps parents increase their confidence and capacities in parenting. Research shows that children's early experiences matter. Our program promotes healthy social and emotional development early in life.



### DOES YOUR INFANT/CHILD:

- Have a hard time calming down?
- Not respond to things or people?
- Get upset at bright lights or sounds?
- Seem fearful or worried?
- Have problems with eating or sleeping?
- Hurt him/herself, others, or animals?

### AS A PARENT, WOULD YOU LIKE TO:

- Know more about your child's development?
- Do things differently than how you were raised?
- Know how to tell what your baby wants?
- Better understand your child's communication?

### WOULD YOU LIKE TO SEE YOUR CHILD:

- Be in secure relationship with you?
- Have the skills to cope with difficult emotions?
- Get along with other children?
- Respond positively to your requests?

If you answered **YES** to any of the above, or if you have other concerns, **Mindful Beginnings** is here to help.

### SERVICES WE OFFER INCLUDE:

- Child-Parent Therapy
- Emotional Support
- Developmental Guidance
- Early Relationship Assessment and Support
- Advocacy
- Resources for Basic Needs

We focus on helping children form close, secure relationships with their parents and/or primary caregivers by working with the child and the family. Services typically take place in client homes, but may also happen in our office. Our work focuses on relationships because we know that children with strong relationships have an easier time mastering their emotions, and are therefore better able to explore the environment, learn, and develop.

We accept medical coupons and private insurance.