



Group-Based Programs to Support Families and Caregivers of Young Children

## WHAT IS STRONG ROOTS?

Strong Roots recognizes and builds a multi-generational foundation that nurtures and creates emotional safety and strong connections for parents and young children despite previous trauma or adversity. Strong Roots programming uses evidence-based interventions to address parents' needs for support and care as they reflect on their lived experiences and grows the skills and tools needed to promote both their own and their children's health and wellbeing.

*All parents want their children to grow and thrive. Just like the roots of a tree, early relationships lay a critical foundation for children's healthy development and provide a protective buffer when storm winds blow.*

## STRONG ROOTS PROGRAMS



### MOM POWER

*Promoting health and resilience to families living with adversity.*

### FRATERNITY OF FATHERS

*Supporting fathers to have a profound impact on their children's health and well-being.*

### HEARTS & MINDS ON BABIES

*Informing early childhood educators to support children struggling emotionally and developmentally with trauma.*

### STRONG BEGINNINGS

*Building stronger roots for children in foster care and their families.*

### STRONG MILITARY FAMILIES

*Group-based program for military families with young children.*

### PERINATAL DBT

*Group intervention for at-risk mothers suited to honor biological, environmental, mood, and interpersonal changes during the perinatal period.*

### PARENT CAFÉ

*Parent-to-parent group support.*