

The California Infant and Early Childhood Mental Health Consultation (IECMHC) Network

The IECMHC Network delivers consultation services, resources, and training activities for early learning and care center-based program staff, family child care providers, and family, friend, and neighbor caregivers. Our services are offered at no cost to any provider caring for children birth to five in California.



Consultation Services:

Request consultation to address concerns and challenges in the home-or-center-based setting related to infant and early childhood mental health (i.e., social and emotional development, behavior, trauma, staff/caregiver well-being). Through in-person or virtual sessions, staff/providers receive strength-and relationship-based reflective consultation over a period of time from an IECMHC Network consultant.



Helpline:

Call our toll-free number to receive one-on-one support and resources about young children's social, emotional and behavioral health. Call 1-877-524-2422 from 8:00 a.m.- 5:00p.m. (PDT) Monday through Friday to speak to a live Helpline representative.



Open-Door Sessions:

Join our group consultation sessions with other caregivers to reflect on your experiences working with children and families, seek input from peers and an IECMHC Specialist or Network Consultant, and network with others in the early learning and care community. These sessions are offered virtually, once a month.



Virtual Trainings:

Topical Webinars

Attend webinars that highlight key aspects of infant and early childhood mental health in early learning and care settings (i.e., social and emotional health, relationships with peers and adults, capacity to explore and learn). This year's series is on Trauma-Informed Care. Spanish interpretation is available.

Home-Based Caregiver Workshops

Attend online workshops designed to support the work of caring for young children in home-based settings. This year's series is focusing on Relationships and Connection in Home-Based Care Settings. Spanish interpretation is available.



Communities of Support:

Participate in virtual monthly reflective practice groups for providers from a variety of backgrounds and settings. We offer specific groups to Family, Friend and Neighbor (FFN) Caregivers, Family Child Care (FCC) providers and center-based program staff. This series is aimed at providing a consistent and supportive space to share experiences in providing care for young children and their families, while focusing on uplifting and centering the voices of providers of color and their experiences are also offered, as are groups in Spanish.

Visit the [IECMHC Network](https://www.iecmhc.org) website access services.

For more information you can also email IECMHCNetwork@wested.org or call 1-877-524-2422.

