



# Parent and Family Program

## WHO WE ARE:

We are the Parent and Family Development Program, an outpatient community-based mental health clinic for parents to support their own mental health and wellness. The purpose of the program is to help adults be successful parents by focusing on their own wellbeing.

## WHO WE SERVE:

We serve parents and caregivers with children younger than 18 years of age.

## WHAT WE DO:

We provide a variety of services for parents and caregivers with different symptoms including but not limited to: depression, anxiety, trauma and parenting stress. We also facilitate community workshops.

## LIST OF SERVICES:

- Counseling for Depression and Anxiety
- Parent Counseling
- Parenting Groups
- Community Workshops
- Psychoeducational Workshops
- Research Programs through MOMS Partnership

**Yale Medicine**

**CHILD STUDY CENTER**

Parent and Family Development Program

350 George Street, New Haven CT 06511  
Phone: 1-844-362-YCSC (1-844-362-9272)  
Fax: 203-737-5455 email: [childstudyreferrals@yale.edu](mailto:childstudyreferrals@yale.edu)

Hours: Monday – Friday, 9:00 am – 5:00 pm  
*Evening hours by appointment*