

## ***How to refer:***

**A referral from a physician is NOT required. Families can arrange a referral themselves by calling the main clinic and speaking to staff on our Early Response Service (ERS)**

**902 527 5228**

**Other community agencies (eg: schools, day-cares) can also make a referral, with parents' permission.**

**Psychiatry needs a referral from clinical staff.**



## *Where are we at?*

Main Clinic: Bridgewater clinic:

197 Dufferin Street, Level II

Bridgewater, NS B4V 2G9

Phone: 902 527 5228

Fax: 902 527 5292

Chester clinic:

3762 Highway #3

Behind NAPA

Chester, Nova Scotia

Phone: 902 275 2373

Liverpool clinic:

175 School Street

Nurses Residence

Behind Queens General Hospital

Liverpool, NS

Phone: 902 354 2721



## Mental Health Programme



### *Child and Adolescent Service*



Phone: 902 527 5228

## What we do:

Our team provides mental health services for children from birth until their 18th birthday. Services include assessment and diagnosis of mental health problems. These diagnoses may include anxiety, depression, attention deficit hyperactivity disorder (ADHD), autism, eating disorders and adjustment disorders. We also provide individual, family and group treatments for these disorders.

Our clinic is a diagnostic assessment site for autism spectrum disorders in preschoolers. We do developmental assessments for preschoolers as well.

With families' permission, we frequently work cooperatively with a variety of other agencies in our community.

## What we do not do:

We do not do psycho educational assessments or assessments for court purposes.



## Who we are:

We are a inter-disciplinary team, made up of the following professionals :

**Psychologists**  
**Social workers**  
**Occupational therapists**  
**Autism specialists**  
**Community support workers**  
**Psychiatry**  
**Clerical support**

## EIBI: Early Intensive Behavioral Intervention

This growing team of specialists works intensively with preschool Autism Spectrum Disorder children and their families. The team uses PRT (pivotal response treatment) in homes, daycare and pre-schools.

## CSS (Community Support Services):

Three experienced community support workers make up the CSS program. CSS covers both Lunenburg and Queens counties. CSS does frequent, intensive collaborative work with families, usually in the family's home, schools and their community. You need to have a referral made by your assigned clinician to be part of the CSS service.

## Groups we offer:

### Anxiety groups:

We offer two groups for anxious children. Both the parents and children are expected to attend these groups

**Cool Kids:** for younger children (ages 6-12) and their parents/caregivers

**Chilled:** for older children (teens aged 13-17) and their parents/caregivers.



### Parenting group:

#### G.P.S

*Great Parenting Strategies- Navigating your way through Parenting your Challenging Child.*

This group is designed for parents and caregivers of challenging children under the age of 12.