

# ARE YOU CONCERNED WITH HOW YOUR CHILD IS FEELING OR ACTING?

Are you feeling overwhelmed?

Is your child in crisis?

Do you feel like your child is  
struggling with mental health  
issues?

**Riverside can help!**

Riverside Community Care



We will help you gain confidence and skills to positively support your child.

**We partner with parents and families and together we will:**

- Create an assessment of your family's and child's strengths and needs
- Develop a plan based on that assessment
- Establish a care team of teachers, school counselors, state agency workers, friends, relatives, etc.
- Help you understand the resources available to you (mental health services, special education, diagnosis and medication help, medical care, social services, etc.)
- Create a safety and crisis plan
- Develop contacts with local parent or child support groups

**Your CSA team will consist of a Family Partner – a caregiver who has raised a child with emotional, behavioral, or mental health needs – and a Care Coordinator.**

**Services are for youth with serious emotional disturbances, under the age of 21.**

**Serving families from Burlington, Cambridge, Somerville, Wilmington, Winchester, and Woburn**

**For more information please call 617-354-1519 ext.114**

**Riverside Community Care**

[www.riversidecc.org](http://www.riversidecc.org)