



# Quarterly Update

We've been busy...

12

Groups



24

Caregivers  
Supported



42

Kids  
Supported



308

Home Visits



9

Staff Trained



## Learn more

In 2026, we have honed in on our most important services and are focusing on sustainability within our programming. With new grant funding from Building Bright Futures in the end of 2025, we have had the opportunity to expand our ability to offer groups and educational supplies to families.



## Groups

- Anxiety Groups for Caregivers and Children
- Trauma Information Group for Parents
- Neurodiversity Group for adolescents
- Friendship Groups for kids
- Yoga Groups for teens
- Parenting Groups for preschoolers

## Family Resources

Families received grocery store gift cards, baby play mats, diapers, toys, books, booster seats, car seats and in-home parenting support through our discretionary funding.



## TRAILS to Wellness

This curriculum is used in our kids coping skills group to introduce cognitive behavioral therapy and practice effective strategies to manage common symptoms of depression and anxiety, such as feelings of hopelessness, decreased energy, worried thoughts, and avoidant behaviors.

Learn more: [trailstowellness.org](https://trailstowellness.org)

## The Incredible Years® Training

- evidence-based early intervention programs for professionals who work with children ages 0-12
- promote social-emotional learning (SEL), academic skills
- positive behavioral outcomes of children across various cultures and socioeconomic groups

Learn more: [incredibleyears.com](https://incredibleyears.com)



# Next steps

- Create community partnerships to promote family wellness
- Increase donations and grant funding to sustain our programs
- Get the word out about the work we do!

# You can help

We need your help to keep our family wellness and mental health services accessible and available in our community!



**Donate to Essex Pediatrics  
Strengthening Families Initiative...**

Help support Essex Pediatrics...

[paypal.com](https://www.paypal.com)

## Essex Pediatrics Strengthening Families Initiative

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