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**Counselling Services of Belleville & District**

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**Information for Child Welfare workers**

Why Caregiving through Connections (CTC)?

CTC is a 16 week closed group experience for women who:

* Are the primary caregiver of at least one child under the age of 6.
* Are involved in child welfare.
* Have experienced childhood trauma/abuse and victimization within adult relationships.
* Have stable housing and relationship status
* Are motivated to participate in up to 16 weeks of intervention.
* Have the ability to keep and attend regular appointments.
* Have the capacity to participate in group learning and reflection.
* Are not currently active in drug use or addictions.

Unlike traditional approaches, CTC:

* Sees a link between caregiver early trauma, healthy attachments and their child’s development.
* Recognizes that trauma is often the driver in unhealthy relationships and generational involvement in child welfare.
* Uses a holistic approach that understands relationships and human connections are as important as oxygen.
* Endeavours to help participants gain insight into the link between their trauma history and their attachment to their child, and to help participants become more sensitive and attuned to their child.

How does the service work?

Upon receipt of a referral (see link) we will meet and greet the potential participant and see if there is a good fit and the woman is interested in participating, and an intake will be completed with the potential participant.

There is no fee for this service

Groups are closed and run for 16 weeks.

For further information contact sara.hamilton@csbd.on.ca