

CHERISHTM

children encouraged by relationships in secure homes

Through a Best Starts for Kids grant, the CHERISH program at Kindering has been expanded to serve children between the ages of **3-5 years** who are living in foster care, in-home dependencies, or out-of-home placements in King County. Children do not need to have qualified for early intervention services to participate. Our goals are to:

- Build secure attachments between children and their caregivers
- Provide therapeutic tools and supports for meeting children's emotional needs
- Help children to process abuse and neglect and to minimize trauma
- Support caregivers with children's challenging behaviors
- Facilitate healthy transitions
- Lessen the stress that families and children experience within systems
- Encourage healthy relationships between caregivers and parents
- Stabilize placements and reduce the number of unnecessary placement disruptions

CHERISH 3-5 services are designed to include one-hour-long, in-person sessions with a qualified masters-level therapist taking place at least twice monthly (and up to weekly, depending on the needs of the child and family). The Best Starts for Kids grant funding allows for Kindering to provide these services without financial cost to families.

To refer a child for **CHERISH 3-5** program services,

call (425) 653-4321 or visit www.cherish-kindering.org/referrals

