



# Connections

## Supportive Mental Health Care for Children

A RESOURCE FOR FAMILIES

## Every child has the **potential to thrive.**



### Preventative Care

Project Harmony's Connections program brings therapists, schools, students and parents together to provide accessible, preventative mental health care to Omaha-area children.

### Everyone Needs Help Sometimes

Hundreds of students each year participate in Connections, including those who experience:

- Mood problems
- Anxiety
- Sleep problems
- Family stress
- Family or community violence
- School behavior or attention problems
- Inattention or impulsivity
- Nightmares
- Irritability
- Difficulty concentrating

### Professional Services

The Connections program offers low- or no-cost professional therapy to students needing preventative mental health care at a convenient location and time in an individual or group setting. Connections works closely with parents and the child's school to find the right therapist to help each child build confidence, resilience and coping skills.

### Family Support

The entire family is supported at Connections. Family participation is pivotal to the success of the program.

Connections is here to help each student lead a healthier life at school, at home and in the community.



### CONNECT WITH US

Contact your school social worker/counselor or Connections to request more information.

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