

Priority will be given to low-income families in the following zip code areas: 91910, 91911, 91932, 91950, 92154 and 92173.

Services are provided in English and Spanish. Translation for other languages also available.

*Para Las Familias is funded in part by San Diego County Mental Health Services and the First Five Commission of San Diego County*

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**For over eighty years,  
Episcopal Community Services  
has provided comprehensive help  
to thousands of children and adults,  
inspiring them to lead  
independent and successful lives.**

**Each of our vital programs and  
services offered each day  
are guided by the ECS mission  
of “serving God by  
serving those in need.”**

## You Can Make a Difference

Episcopal Community Services helps individuals and families with multiple needs overcome the impact of poverty. ECS relies on the generosity of individual, parish, foundation and corporate donors for a substantial portion of its annual operating budget of over \$18 million. As government funding continues to decline, Annual Fund giving has become even more crucial in helping bridge the gap.

Each gift to the Annual Fund is directed to where it is needed the most, immediately helping those struggling under the burden of poverty in San Diego and the Coachella Valley.

Donations enable us to provide basic necessities such as shelter, food and personal care items. In addition, ECS offers counseling services, job referrals, and self-sufficiency coaching to ensure each client we serve is provided with the care and services they need to live a life of dignity.

To make a meaningful donation today, please call the Development Office at (619) 228-2800 or e-mail [development@ecscalifornia.org](mailto:development@ecscalifornia.org).

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PO Box 33168  
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**PARA LAS FAMILIAS CENTER**  
Behavior Intervention  
& Family Therapy Services  
for Children 0-5 Years Old





**Para Las Familias** provides a range of mental health services to low-income children from birth to five years old and their families in the South Bay Region of San Diego.

Services that are made available to high-risk children include:

- Screening
- Assessment
- Family Therapy
- School Observation
- Teacher/Provider Consultation
- Parenting Classes

**Para Las Familias** strives to provide children and their families with services as accessible as possible. A trained, bilingual therapist provides necessary services in the easily-accessible Para Las Familias Center or in the child's home, school or preschool site.

An important goal of the program is to empower parents and provide them with information about the child's development, encouraging their participation in the treatment process and becoming aware of other community resources.



**You may want to make a referral if a child is experiencing:**

- Oppositional and defiant behaviors
- Excessive anger, worry, sadness, shyness or fear
- Separation anxiety
- Aggressive behaviors (hurting others or self)
- Behavioral regression
- Low self-esteem
- Sleep, eating or elimination problems
- Temper tantrums
- Preoccupation with sexual behavior
- Difficulty adjusting to family changes

**Helpful for:**

- Children who have been traumatized (sexual, physical or emotional abuse)
- Children who are in foster care or have been adopted
- Children with special needs such as speech or other delays
- Children who are dealing with issues of loss, such as illness or death of a loved one
- Children who are dealing with parental conflict, separation or divorce
- Children who have witnessed domestic violence
- Children diagnosed with Attention Defecit Disorder