
Embrace
Togetherness,
Strengthen
Relationships.

Embrace togetherness in promoting stronger relationships & improving mental health for pregnant mothers & families with young children in Carteret County. Together, we can build a foundation of support & resilience that lasts a lifetime.



Referral

Visit **Carteretkids.org** to download a referral form with a list of eligible risk factors. Or, scan the QR code below to submit a referral online.



Contact Us

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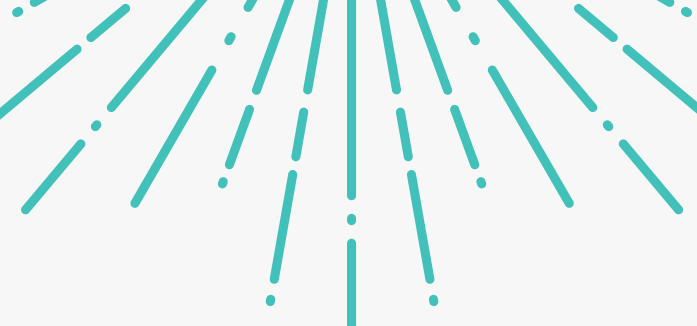
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Better Beginnings

Strengthening Families and
Enhancing Mental Health
Through Home Based
Family Therapy





Your path to stronger relationships and improved mental health.

Why Home Based Family Therapy?

Home based family therapy offers a warm, familiar setting where healing & growth can naturally unfold. Our therapists specialize in supporting pregnant mothers & families with young children, understanding the challenges each life stage brings. Without the stress of travel, families can focus on deepening connections & addressing challenges together.

Eligibility

Home based family therapy is free to eligible families residing in Carteret County, thanks to funding through the Carteret Partnership for Children's Smart Start funds. To be eligible, families must have either a child 0-5 in the home or be expecting, & have four or more identified risk factors (see back for more information).

Benefits of Home Based Family Therapy

Prenatal and Postpartum Support

Receive support during your pregnancy and after birth to address emotional changes and adapt to new family dynamics.

Strengthen Relationships

Promote open, effective communication within your family & learn nurturing approaches to support your child's emotional development, address behavioral challenges, resolve conflicts, & strengthen connections.

Enhance Parental Confidence

Receive guidance on child development & effective parenting strategies to promote your child's growth, enhance parental confidence, & reduce stress.

