



You can help families like Leah's ...right here at home.



Cornwall Community
Hospital Foundation

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Sometimes it's hard to know when your child needs a helping hand. My daughter Leah is a fun-loving little girl who likes playing with her friends and enjoys going to school. If you met her today, you'd find it hard to believe she wasn't always this happy. Not long ago, she struggled with her behaviour and so did our family.

Leah's dad and I noticed she wasn't playing well with others at school. At home, she was becoming more aggressive with us and her little sister. Our morning routine was a challenge, and thanks to night terrors, evenings were difficult for all of us to manage. Tension and stress grew in our home, leading to arguments between my husband and me. We loved Leah, but we didn't know what to do.

Thankfully, we were connected with Jennifer Deruchie, a fantastic Registered Psychotherapist and Mental Health Counsellor from Cornwall Community Hospital's Children's Mental Health program. Jennifer taught us strategies to help Leah express herself in a safe way, solve problems and develop more independence.

The biggest help was having Jennifer come to our home. We were nervous at first, but she made us feel comfortable and safe. She was open, approachable and never judged us when we shared the difficulties we experienced parenting our little girl. Jennifer created customized treatment strategies, shared practical ideas and sought out psychological assessments based on the needs of Leah and our family. We felt supported and she explained things in a way that we understood.

The help we received from CCH feels like a gift. These days, Leah's excited to go to school; her morning routines are filled with smiles and she's social with other children. Her aggression at home is rare and we're more prepared to deal with her behaviour effectively. My husband and I feel more confident as parents; we support each other and use the skills we learned through our experience with Leah to help raise her and our younger daughter.

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A few words from Jennifer:

Working with children aged 0 to 6 has brought a unique perspective to my life. These little beings are curious and precious, fragile yet resilient, and I believe children will choose to do well if given the chance. Struggles and frustration are normal, but growth and development is always possible.

I want parents and caregivers to know they are not alone. Most times, after just 1 or 2 sessions, clients voice relief and hope for the future. I understand it can feel scary to ask for support, but help is just a phone call away. By reading the story of Leah and her family, I'm hoping others in our community will feel comfortable making the call to provide their child and family with the helping hand they need to get back on track.

Your gift of support will help fundraise for CCH's new Community Addiction and Mental Health Centre. Because you give, local families can seek help and start healing, right here at home.

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\$1.2 million

The \$9.3 million project is being funded in part with a \$1.2 million commitment from CCH Foundation.

\$600,000
committed to date

We're halfway there!

