

# ABOUT US

**Child Development Institute (CDI) is a mental health-care organization transforming the lives of children, youth and their families.** We provide compassionate, specialized services that are family-focused, working with each child and family's unique strengths to support healthy life-long skills and build connection and healing.

A trusted thought leader committed to advancing children's mental health, CDI provides quality care through continuous research and innovation. We share our knowledge locally and internationally to ensure positive, long-term impacts on the families and communities we serve.

Many of the children and youth we serve have or are at risk of living with mental health issues, diagnosed learning disabilities, and the effects of abuse and trauma in the home. These children often feel alone or isolated, and experience conflict at school, at home and on the playground.

**At CDI, we strengthen human connection, improve family relationships and communication, and lessen conflict in the family environment to create happy, healthy families.**

# OUR PROGRAMS

**CDI provides a critical link between mental health and well-being for children ages 0 to 12 and youth ages 12 to 18, supporting over 3,000 families each year in Toronto and nationwide through highly specialized streams of care.**

## EARLY INTERVENTION

Guided by the highest standards of evidence-based practice, we support children under the age of 12 and their families struggling with socio-emotional and behavioural issues through individual, group and school-based services. SNAP®, CDI's internationally recognized early intervention model, is incorporated into many of our programs, helping children, youth and families effectively manage their emotions and behaviour with critical self-control and connection-building skills.

## LEARNING DISABILITIES & MENTAL HEALTH

We provide a unique approach to mental health intervention by putting the child's own learning profile at the centre of treatment. For children and youth ages 8 to 18 with diagnosed learning disabilities and mental health issues (LDMH), we instill a sense of belonging as they achieve lifelong gains of self-esteem and independence. Reflecting our belief that therapy is learning, our services provide the children and youth in our care a chance to shine, make friends and build brighter futures.

## FAMILY VIOLENCE

We work with women and children in our Family Violence services that support healing from the effects of abuse and trauma through group counselling programs, shelter services, and other specialized services. By providing a safe and caring environment to help women and children deal with the negative effects of violence and transition out of lived experiences of abuse, we are helping to stop this damaging cycle and build positive parent-child relationships.

## HEALTHY CHILD DEVELOPMENT

We provide young children with a healthy start through play-based early learning environments that are safe, diverse and inclusive. Our Early Learning Centres and EarlyON Child and Family Centres are licensed by the Ministry of Education, and located in diverse communities across Toronto. Building on our expertise of over 100 years in the early learning field, our Healthy Child Development program nurtures the happy, healthy development of young children while filling a gap in childcare services in Toronto.

## SNAP® NATIONAL EXPANSION

Our national expansion of SNAP® (Stop Now And Plan), Canada's leading evidence-based mental health program for children with disruptive behavioural problems (aggression, rule-breaking, conduct, including anxiety and depression), works to bring this early intervention model to thousands of children and families across the country who are in critical need of mental health services. There are currently SNAP sites all around the world helping to build stronger, healthier communities and strengthening the future landscape of children's mental health.

**HELLO  
my name is**

**CHILD  
DEVELOPMENT  
INSTITUTE**



**How are  
you feeling  
today?**

# HAPPY HEALTHY CONNECTIONS FOR FAMILIES

## RESEARCH IS CENTRAL TO OUR HERITAGE

Child Development Institute (CDI) is dedicated to generating new knowledge that will increase our understanding of children's mental health issues, contribute to service excellence in all our program areas, and lead to positive change for children and their families.

As part of that commitment, CDI's programs and services are based on a scientist-practitioner philosophy where science informs practice and practice informs science. Through strong collaboration between researchers and the staff who work directly with families, we build on existing evidence about what works so we can develop innovative service approaches that we then monitor for quality and effectiveness.

CDI is proud to be accredited through the Canadian Centre for Accreditation, a third-party review based on accepted organizational practices that promote ongoing quality improvement and responsive, effective community services.

**As leaders in our field, we constantly invest resources in research and evaluation for program improvement, and contribute to the development of our fields of expertise.**



### CONTACT US

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### Follow us on social media!



## GET INVOLVED

Can you imagine how your actions today could make a difference in someone's future?

**Mental health issues affect over one million children and youth in Canada alone. Join our community of change as we transform lives together.**

### DONATE

Become a monthly donor for the greatest impact or a one-time supporter in your name, in honour of a family member, or on behalf of your organization.

### VOLUNTEER

Individuals experience meaningfulness as they help us enrich the lives of children, youth and their families.

### BECOME A CDI AMBASSADOR

Spread awareness and support of children's mental health with others.

To learn more on how you can support CDI, visit [childdevelop.ca](http://childdevelop.ca)