



These days, our ‘new normal’ consists of social distancing, self-isolation and working from home – all while our children and teens are stuck indoors with schools and attractions closed. During this time of uncertainty and rising anxiety levels, **Child Development Institute (CDI) continues to provide much-needed services to families, as well as expert tips to media on a range of topics related to child, youth and family mental health.**

Our clinical staff and psychologists have a breadth of knowledge they can lend to relevant stories in an effort to further assist our families and communities during this time. Our team is comprised of subject-matter experts whom are available to media upon request.

The CDI team has expertise in the following areas:

- Children, Youth and Family Mental Health
- Anxiety and Depression
- Stress Management and Coping Skills
- Building Family Connections and Healing
- Learning Disabilities and Mental Health
- Emotional Regulation
- Early Intervention
- Childhood Development
- Trauma and Abuse
- Mindfulness
- Executive Functioning

We hope that our range of expertise can help you and your readers during this challenging time.

ABOUT CHILD DEVELOPMENT INSTITUTE

Child Development Institute (CDI) is an accredited children’s mental health organization in Toronto, Ont., mandated with the mission to support the healthy development of children, youth and their families. A leader in the field, CDI develops and delivers world-class, evidence-informed mental health programs and services across four streams: Early Intervention, Family Violence, the Integra Program, and Healthy Child Development. For more information about CDI, please visit: childdevelop.ca.

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