

The Center for Early Relationship Support® (CERS) is a center of excellence for direct services, training, supervision, and consultation that focuses on the earliest infant-parent relationship. Our services are designed to meet the many complex needs of families in the first years of their child's life. They are grounded in the knowledge that nurturing parental strengths within a caring community promotes secure infant-parent attachments. We serve families of all cultures and religions throughout eastern and central MA.



## Our programs include:

### Adoption Resources

Support and services for those pursuing adoption.

### Early Connections/Conexiones Tempranas

In-home and community-based therapy and support for pregnant women and families with children up to age five to build resilience, heal from traumatic stress, address emotional challenges in the adjustment to parenthood, and cultivate nurturing parent-child relationships.

### Oliver, Ian, and Serenity Wolk Fragile Beginnings

In-hospital, in-home, and group support services for parents of premature infants, as well as the Premie Parent Alliance, a parent-professional partnership to improve the lives of premie parents through support, education, and advocacy.

### Healthy Families

Comprehensive home visiting for first-time parents 20-years-old and under, provided until the baby's third birthday.

### Infant-Parent Training Institute

Clinical training, consultation, and supervision in the areas of infant and maternal mental health.

### Parent Consultations

Individualized consultations for families facing a variety of parenting concerns including sleep, behavior challenges, or sibling relationships.

### Parent Support Groups

More than ten community-based support groups for parents with babies under age one throughout eastern Massachusetts, including feeding support and specialized groups for parents of multiples, Spanish-speaking parents, and mothers experiencing postpartum depression.

### Project NESST®

#### (Newborns Exposed to Substances: Support and Therapy)

Hospital and home-based services for parents and caregivers of newborns exposed to substances to address the impact of addiction and trauma on parents' mental health, the early parent-child relationship, and infant development.

### Lauren & Mark Rubin Visiting Moms®

Free, weekly home visitation by trained, experienced moms who nurture and support mothers of newborns.

**For more information or to make an appointment or referral,  
contact us at [info@jfcsboston.org](mailto:info@jfcsboston.org) or 781-693-5652.**