



Inspire. Empower. Heal.

www.tanagerplace.org

Prevention Services

Prevention & Early Intervention Programs

Prevention and early intervention programming focuses on building resilience in young people. Prevention services can help children and teens stay in school, stay out of trouble and lead healthier, happier lives. Families work as a team with Tanager's compassionate staff to anticipate future needs and plan for a brighter future. Tanager offers programs to:

- Address disruptive actions, behaviors, and emotions.
- Teach important life skills, such as communication, self-advocacy, and social skills.
- Prepare children and teens to make positive choices both now and in the future.
- Give parents and caregivers the information and skills to support mental wellbeing.

Visit our website for more information on all Tanager services, including how to enroll, eligibility requirements, and contact information.

www.tanagerplace.org

CDF Freedom Schools

Freedom schools is available at McKinley and Roosevelt Middle Schools summers and after school during the school year.



Freedom schools focuses on helping youth maintain and grow their literacy skills, self-esteem, social-emotional skills and a love for learning. The program encourages scholars to embrace their cultural history and engages in various activities to help build positive mental wellbeing and resilience.



LGBTQ+ Youth Center

The Center is located on the first level of Tanager's Estle Center, 1030 5th Ave SE, Cedar Rapids



The Center provides a safe and confidential environment for LGBTQ+ youth, families, and allies. Programs at the Center include:

- Pride Cafe
- Community service
- Mentoring & tutoring
- Educational classes
- Parent workshops
- Career exploration
- Expressive arts experiences



Camp Tanager

Camp Tanager is located just East of Hwy 13 at 1614 W. Mount Vernon Road, Mount Vernon Iowa



Camp Tanager provides rich educational camp experiences in a fun, safe and nurturing environment for children ages 6-11, including a free camp scholarship program for those who may otherwise be unable to afford the cost of camp. Tanager also offers specialized camps for children with diabetes or hemophilia in partnership with area hospitals.



For more information on any of the above programs, please visit www.tanagerplace.org

Contact Us Today: info@tanagerplace.org phone: 319-365-9164



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Prevention Services

Infant/Early Childhood Mental Health Consulting

This program is operating in many daycares around the community



Infant Early Childhood Mental Health Consultant (IECMHC) is a strength-based intervention partnering mental well-being professionals and early childhood caregivers. The team works together by building on the adults' abilities to create positive environments that promote the mental well-being of young children and their caregivers. This leads to preventing and reducing the impact of challenging behaviors. The emphasis is on improving child outcomes by enhancing caregivers' abilities to nurture children and address challenging behaviors.

Expressive Arts

Tanager's Expressive Arts Studio is located in the Estle Center, 1030 5th Ave SE, Cedar Rapids



Tanager's Expressive Arts program offers activities open to all youth at the Expressive Arts "Studio on 5th". Together with trained art, music, and drama therapists, children in the Expressive Arts program learn to unlock emotions, memories and experiences through visual arts, music, drama or creative writing. This interactive process helps children learn the skills of expressing and processing sometimes complicated feelings through artistic expression.

Social Skills Groups

Social Skills programming is held at the Estle Center, 1030 5th Ave SE, with outings throughout the community



Tanager's Social Skills group is a year round prevention program that provides a judgement free place for children to practice and create a toolbox of skills they can utilize in social settings throughout their lives. Groups participate in fun activities including music, art, community outings and special events with the goal of developing skills such as emotional regulation, forming friendships, carrying out conversations, taking turns, and showing interest in others.



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