

Cradles Project

The Cradles Project is a free and confidential service dedicated to helping women or teens in Harris and Montgomery Counties who meet risk factors and are currently pregnant, **or** have a child up to 18 months of age **or** have a child up to 6 years of age and are involved with a child protection organization.

Risk Factors Include:

- Being a Teen Age Parent
- Have used substances in the past or currently live with someone who is using
- Past or current struggles with depression or mental health issues
- Experiencing serious financial distress
- Difficulty accessing prenatal care for current or past pregnancies
- Witnessing or being the victim of any type of abuse or domestic violence

Comprehensive Services

(Provided in Convenient Community Locations or in the Home)

- Screening, assessment, & individualized service planning
- Intensive case management offering connection to essential needs and resources
- Parenting, Trauma and Emotion Regulation Skills Development
- Transportation assistance, incentives & baby basics
- Fun and healthy bonding activities – Museum and Zoo Passes, Annual Holiday Party, Infant and Maternal Massages, Yoga



Program Goals:

- Healthier maternal and family lifestyles
- Improved infant and maternal healthcare
- Better birth outcomes and parental/child bonding
- Fewer out of home placements and/or reduced length of out of home placement

The Cradles Project also Provides Information and Education on:

- Substance Use during and after pregnancy, Neonatal Abstinence & Fetal Alcohol Syndrome Disorders, Medication Assisted Treatment
- Pregnancy Planning, Reproductive Health and Well Child-Care
- Parenting skills and infant and child safety guidelines
- Dealing with family violence, trauma & safety
- Post-Partum Depression
- Emotion Regulation

You know someone who needs us. 

For more information, please contact cradles@councilonrecovery.org or 281-200-9108.