



ALMA: Community support for families with young children

Services currently provided in English, Spanish, Vietnamese, and Somali

Alma is free for families who are expecting a baby or have children up to 3 years old. The program offers support for moms, dads, grandparents, caregivers and guardians who have been feeling sad, stressed, anxious, or lonely. Alma teaches skills that we know have helped moms, dads, or other caregivers to feel better.

A community member who is trained in Alma can meet with families in their home, at our office, or a community location to teach and practice these skills.

Alma is available for families living in Southwest Denver and neighboring communities.

Benefits of ALMA:

- 7-10 sessions for one-on-one support
- New skills to support your happiness and well-being
- Connection to community resources
- Child development information and connections



For more information, call or text:
Solangel at (720) 432-6703 for Spanish
Ngan (720) 507-6192 for Vietnamese / English
Leyla at (720)772-9217 for Somali / English

✦ FREQUENTLY ASKED QUESTIONS ✦

Why are we bringing Alma to the community?

We want moms, dads, grandparents, caregivers, and guardians to feel supported and cared for. We want them to know that we are here for them as they raise their little ones.

Why Home Visits?

Home visits help to make it comfortable and easier for people to participate in the program. We can also meet at other places like parks, libraries, cafés, etc. There will be six to eight visits to introduce, teach, and learn from Alma together.

Who is conducting Home Visits?

Trained community companions will be conducting home visits. The community companion will be selected for each mom, dad or caregiver to match their cultural background or personal preference.

How much does the program cost?

Alma is free! It does not cost anything for families who want to participate.
I don't live in Southwest Denver, but I live in Denver (or another city)?
We are based out of Southwest Denver but are happy to accept families that live in neighboring communities.

I'm doing fine, I don't feel too stressed or sad. Why would I need this?

You don't need to be feeling stressed, worried, sad, lonely, or anything along those lines to participate in Alma. Our goal is to support caregivers in the community who are pregnant or have children up to 3 years old. We can provide meaningful support and other resources as well as teach skills that can help in the future should you need it.

Are you a therapist/doctor/psychologist/mental health provider?

No, we are a group of trained community members. This means that each community companion has been selected for their ability to connect to families in Southwest Denver via similar languages, backgrounds, or other areas and were trained to implement the tools in Alma. We also receive continual and ongoing training in Alma skills and other resources.

What information do you need from me?

We need just basic information like your name and address. But, we do not need a social security number or any other government issued information. Your information will be safe, we will not share your information, experiences, or situation with anybody.

How long is this program?

We schedule 7 to 10 meetings with caregivers. We schedule the meetings based on your needs and availability. This might mean twice a week or every other week, which turns out to be from one to two months of meetings.

What are the requirements to participate?

This program is for parents, families, caregivers who would like to have some emotional support during the early years of their child's life. Families can have older children as well, but at least one child has to be younger than 3.

What happens after the sessions are over?

Participants are invited to be part of the Alma community, this may include get-togethers, support finding resources or services, and connecting with other families and our team.