



# T-Bears



**Tulane Building Early Relationships Support & Services  
New Orleans & Gulf Coast**

**504-988-9222**

**Support for Caregivers & Babies**

**FAQs**

**What is the T-BEARS program?** *T-BEARS* (Tulane Building Early Relationships Support and Services) is a prevention, intervention program that helps families with concerns about their infants' sleeping, feeding, calming, bonding or other behavior. The sessions individualized to each baby and their family. *T-BEARS* also provides support to parents who are stressed, overwhelmed or experiencing issues with postpartum mood.

**Who is eligible this program?** The services are available to any family with an infant **24 months** of age or younger.

**Who is T-BEARS target population?** The services are available to families in **Orleans, Jefferson, St. Bernard, Plaquemines, St. John and Lafourche Parishes.**

**My baby was premature and spent time in the NICU, is my child eligible?** *T-BEARS* can provide support to families while their child is in the NICU, during the transition home, and/or once the your baby is home.

**How much does it cost to receive T-BEARS services?** Currently *T-BEARS* is completely grant funded and able to provide services to families at **no cost.**

**What services does T-BEARS provide?**

**Home Visits:** *T-BEARS* providers come to the client's home to provide family support. Services are continued until the family is ready to end, most families average 4 home visits. The average visit may take one to two hours.

**Helpline:** Parents can call the helpline to receive support via telephone. Calls are answered during regular office hours, 9-5 Monday-Friday. Messages left on the weekends will be returned within 48 hours.

**Parent/Infant Drop-in Groups:** Groups are staffed by a *T-BEARS* clinician and promote reduced isolation and increased community support.

**Presentations:** *T-BEARS* team members provide presentations to parents and providers on a variety of infant development and parenting topics. Contact us for information about providing presentations to your organization's staff or the families you serve.

**Where can I find T-BEARS services in my area?**

*T-BEARS* is physically located at *1440 Canal Street, Suite 1172 in New Orleans.* Any family who is interested in learning more about *T-BEARS*, or finding out if their child is eligible for services with us, should call us at 504-988-9222. See our website at [www.tbears.org](http://www.tbears.org) for more information.

