

Connect Parent Group

An Attachment-Based Program to Support Parents & Caregivers

**Do you ever feel that your teen doesn't listen to you?
Do you sometimes even feel pushed away? Do parents matter?**

Actually, there is very good evidence that strong relationships with parents protect youth from risk during adolescence and help them thrive!

We call that **ATTACHMENT!**

Connect is a **FREE** 9-week program to support parents of pre-teens and teens. Parents meet in groups of 10-16 with two trained group leaders.



Wednesdays starting

March 11th until May 13th

No group on April 1st

6:00 pm – 7:30 pm

Lang Room at City Hall, 10005 102 St, Fort Saskatchewan

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional, and behavioural adjustment. Connect© helps Caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational concepts.

Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. After each session, parents receive handouts with key points to remember when applying the principles to their own parent-child relationships.

To register for this **FREE** program fortsask.ca/ConnectParent

Limited spaces available.

Snacks and Refreshments will be provided.