

CONNECT Parenting Group

Do you ever feel that your child doesn't listen to you? Do you sometimes even feel pushed away? Do parents even 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-adolescents and teens (ages 9 - 17). Parents meet in groups of 10-16 people with 2 certified group leaders for 1.5 hours per week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Center and Simon Fraser University, the evidence-based program focuses on the core components of secure attachment to promote children's social, emotional, and behavioral 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 child/adolescent development. Parents watch role-plays, asked to participate in reflection exercises and discuss ways of responding to challenging behavior and problems. After each session, parents receive handouts with key points to remember when applying the principles to their own parent-child relationships.

Groups will run from **6:00 - 7:30pm**, once a week for 9 weeks,
starting **Mar 5, 2020 to May 7, 2020**

(Location in Genesis Place.)

Please contact Jennifer Rowe, Family School Liaison with Rocky View Schools,
587-777-3261
if you are interested in registering.

Limited space available. Not a Drop-in group.

***all inquiries are confidential**

