



*An Attachment-Based Program
to Support Parents & Caregivers*

Do you ever feel that your pre-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** 10-week program to support parents of pre-teens (ages 8-12). Parents meet in groups of 10-16 with two trained group leaders for 1.5 hours per week.

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.

Details:

Wednesday Evenings 6:30-8:00 pm
January 18 – March 22 (*No class February 15)
Strathcona County Family and Community Services
(Suite 200, 501 Festival Ave, Sherwood Park, AB T8A 4X3)

****Free onsite childcare can be made available for those who require it****

**Interested in learning more OR Joining a group?? Contact your Connect© Trainers:
Brea Malacad (780)- 449-6448 or Jacelyn Giacobbo (780)-449-6453**

****All inquiries are completely confidential****

