



**Connect<sup>®</sup> Parent Group**

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



Recovery Alberta and Livingstone Range School Division are pleased to offer this uniquely developed program for parents and caregivers of youth based on research examining:

- Attachment
- Child and Adolescent Development, Mental Health, and Social Well-Being
- Parenting and Family Functioning
- Prevention and intervention Research
- Parent's Feedback
- Short and Long-Term Effectiveness

### **DOES CONNECT WORK?**

We listen to parents and their feedback has shaped the Connect Program. We make sure we get feedback every time parents complete the Connect group to make sure it is helpful. Research in Canada and Sweden has shown that Connect has positive outcomes, both short and long-term. Parents report feeling less stressed and more effective in parenting; they see fewer behaviour problems and better social functioning in their teens. For more information on effectiveness see:

[www.sfu.ca/adolescenthealth](http://www.sfu.ca/adolescenthealth) and

[www.connectparentgroup.com](http://www.connectparentgroup.com)

### **YOUTH MENTAL HEALTH – THE FACTS**

Up to one in five children in Canada experience severe problems with mental health – problems that make it difficult for them to do well at home, at school, and in their community. These problems can include feelings of anger and aggression; feelings of depression and confusion; conflict with parents and teachers; and getting into trouble with friends. Several programs are available for young children, but few help parents and caregivers of teens. Connect was developed specifically for parents and caregivers of teens who are struggling with these issues.



### **WHAT IS CONNECT®?**

Connect is a **once a week, 10-week** program to support parents and caregivers of pre-teens and teens with difficult behavioural and emotional problems. Parents meet in small groups with two trained group leaders for one hour each week.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays, try exercises and work together to develop new choices for responding to their teen's difficult behaviour. Parents receive handouts following each session with key points to remember.

We understand that each child and each parent is different and change is part of development. Rather than teach only one way of parenting, we help parents see choices that support healthy relationships while setting limits and helping their teen to move forward.

### **WHO LEADS CONNECT®?**

Connect groups are led by trained Connect leaders. Your group leaders will work hard to understand the challenges you face and to support you and your relationship with your teen. Parents who participate in Connect tell us they feel respected and supported.

**PROGRAM START DATE: October 16, 2024**

**IF YOU ARE INTERESTED IN PARTICIPATING OR WANT TO LEARN MORE,  
PLEASE CONTACT:**

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