



Connect[®] is a **FREE** 10-week program to support parents of pre-teens (ages 8 – 12) and teens (ages 13 – 17). Parents meet in groups of 10 – 16 with two trained group leaders for 1.5 hours each 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 contexts.



The Parent-Child Relationship



Do you ever feel that your pre-teen or 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!

What Happens In A Connect[®] Group?

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 in their own parent-child relationships.

Where Does Connect[®] Run?

Connect[®] is run by a variety of trained professionals in settings such as schools, community agencies and mental health offices across British Columbia. Wherever there are trained leaders, there are Connect[®] groups. Contact us to find the nearest location to you!



Research Participation

Connect[®] has been developed in collaboration between mental health professionals and researchers. Evaluation is built in to the program and we invite the voluntary participation of families in research so that Connect[®] can be continually improved. Parents have enjoyed participating and details of your participation will be provided when you contact us for information. This research is funded by the Canadian Institutes of Health Research and has received approval from the Simon Fraser University Research Ethics Board. All participation in research is completely voluntary and all information is kept strictly confidential.

Does Connect® Work?

After taking the group, parents report feeling less stressed and more effective in parenting; they see fewer behaviour problems and better social functioning in their child.

97% of parents felt better equipped to understand their child.

95% of parents felt better equipped to understand themselves as a parent.

86% of parents saw positive changes in their relationship with their child as a result of applying what they learned.



What Do Parents Say?

Parents have expressed that they appreciate how the role-plays showed them how to handle different problems, and they value the confidence that they have gained as a parent. Parents have also shared that the leaders have helped them feel positive and hopeful about their parent-child relationship, and they have been excited to see gradual growth in their relationship.



*Interested In Learning More
Or Joining A Group?*



Contact the SFU Adolescent Health Lab to learn more about Connect® or find an upcoming group near you!

Phone: (778) 782-4956

Email: connectproject@sfu.ca

Web: www.connectparentgroup.org

www.adolescenthealth.ca

All inquiries are completely confidential.



**Connect®
Parent Group**

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



**Information for Parents
and Caregivers**

