

# Connect@ Parent Group

New!



**A free support program  
for parents of teens**

**NEW SESSION STARTING!**

**Thursdays 7:00pm – 9:00pm**

**April 5<sup>th</sup> to June 7<sup>th</sup>**

**Location: Parent Resource Centre, 300 Goulburn Cres., (Sandyhill)**

**Space is Limited to 12 adults, please sign up ASAP**

**For more information or to register contact:**

Alicia Biafore T: 613-565-2467 X 229 abiafore@parentresource.ca

**\*All enquiries strictly confidential**

The Connect Parent Group is an Attachment-Based Program to Support Parents of teens aged 13 - 17 years old.

Do you ever feel that your teen doesn't listen to you? Do you sometimes even feel pushed away? Do parents matter? There is very good evidence that strong relationships, or attachment, with parents protect youth from risk during adolescence and help them thrive.

Sign up for this free workshop series for an opportunity to learn more, share experiences and pick up more skills & strategies in a warm and empathetic space.

Sessions will be co-facilitated by experienced counselors Dr. Tina Daniels (PhD) and Ms Alicia Biafore (MSW, RSW)



**Each session provides parents with:**

- **More information on the attachment perspective on parent-child relationships and adolescent development**
- **Group exercises and discussion opportunities to find ways of responding to challenging behavior problems**
- **Handouts on key points of each session**

***Cette affiche est disponible en Anglais seulement***