



Connect is designed for all families. It addresses changes that occur between teens and their parents or caregivers. It also helps them keep their relationship strong and positive. This can then help to protect the teens as they move forward in their journey to adulthood.

## Why Connect?

Connect was developed for parents and caregivers of pre-teens and teens. It was designed based on strong scientific evidence in the areas of:

- ☑ Attachment
- ☑ Child and adolescent development
- ☑ Trauma, social, emotional and mental health
- ☑ Parenting and family functioning
- ☑ Prevention and intervention
- ☑ Parents' feedback
- ☑ Short- and long-term treatment effectiveness

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## Does Connect Work?

Connect is an evidence-based and trauma-informed intervention. Parents and caregivers report that the program is extremely helpful for both themselves and their children. For example, they say that they feel less stressed as parents. They feel that they are more effective and competent in their parenting. They report improvements in their relationships with their children. They see fewer behavioural and mental health problems in their children. They also see their children function better in social situations.

We always listen to parents and caregivers. Every time a Connect group is provided, we make sure to get feedback from all the parents and caregivers in the group. We then use these feedback to shape Connect Attachment Programs. We also continue to evaluate Connect as it grows and evolves. For more information about Connect and the latest research, please visit:

[connectattachmentprograms.org](http://connectattachmentprograms.org)



[adolescenthealth.ca](http://adolescenthealth.ca)

To find out more about the upcoming Connect groups in your community, please contact

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Canadian Mental  
Health Association  
Cariboo Chilcotin  
Mental health for all

# Connect for Parents and Caregivers

An Attachment-Based &  
Trauma-Informed Program for  
Parents and Caregivers



Information for  
Parents and Caregivers



Connect Attachment Programs Series





## Adolescence = Change

Becoming a teenager is a big transition for both young people and their families. Relationships and social changes affect all aspects of adolescent development. Concerns can arise around substance use, social media, school attendance or family conflict. Some youth may suffer from anxiety and depression. Many parents and caregivers feel their teens don't listen to them. Sometimes they may feel pushed away and disrespected. Do parents and caregivers matter to teens? Actually, yes! Young people continue to need their caregivers and familial relationships, even though they are also developing their own social network. Being connected helps them thrive and cope with life's challenges in a positive way.

## What is Connect?

Connect is a 10-week program for parents and caregivers of pre-teens and teens. For 1.5 hours each week, parents and caregivers meet in small groups (10-16) with two trained group facilitators.

Each session, parents and caregivers learn about parent-teen relationships and adolescent development. They reflect on role-plays and do exercises. They discuss new ways of responding to challenging behaviours and intense emotions. After each session, caregivers receive handouts with key points to remember.

We understand that each child and each parent or caregiver is different. We also understand that change is part of development. So we do not teach only one way of parenting. Instead, we work together with parents and caregivers to explore the many ways they can support their children's healthy development.

## Who Leads Connect?

Trained Connect facilitators lead Connect groups. Your group facilitators will work hard to understand the challenges you face. They will also work hard to support you and your relationship with your pre-teen or teen. Parents who take part in Connect tell us they feel respected and supported.



## What Do Schools Say?

*"It's really a wonderful program and we're receiving great feedback from teachers and parents..."*

## What Do Parents and Caregivers Say?

*"The role-plays showed me how to handle different problems. Changes in the relationship are slow but well worth it, and the growth is incredible."*

*"They made me feel very positive and my confidence in myself as a parent has increased tenfold."*



- ❖ 97% of parents feel better equipped to understand their child.
- ❖ 95% of parents feel better equipped to understand themselves as a parent.
- ❖ 86% of parents see positive changes in their relationship with their child as a result of applying what they learned.