

What we offer

Outreach support for parents, teens, and children.

Techniques to improve and grow relationships.

Assisting families and individual family members to develop coping skills, manage conflict in a healthy way, and learn more effective ways to communicate.

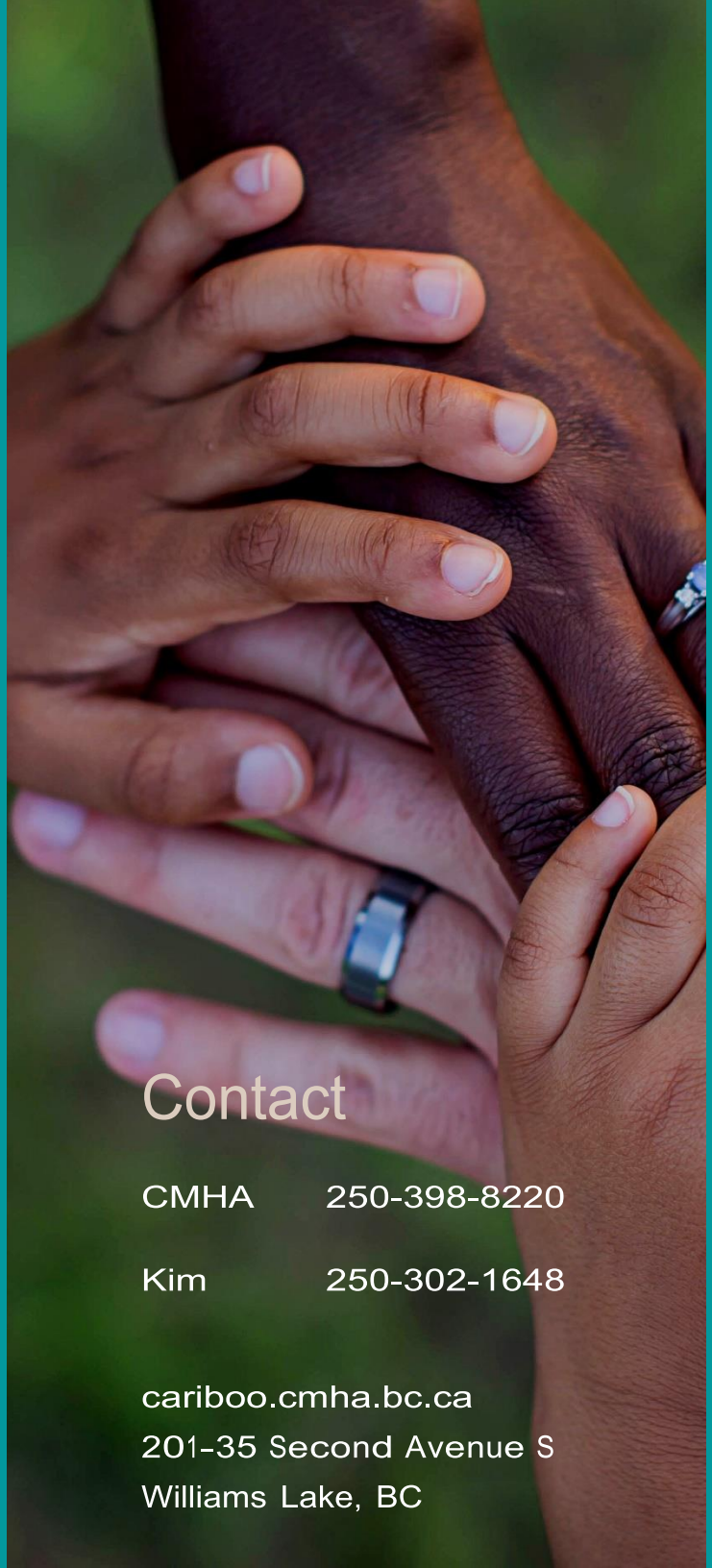
Building skills to manage anxiety, depression, or other mental health challenges.

Life skills development, such as budgeting, nutrition, and fitness.

Stress reduction support.

Anger management

Connect Parenting Course



Contact

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CANADIAN MENTAL HEALTH ASSOCIATION

FAMILY SOLUTIONS PROGRAM



What is Connect?

Adolescence is a remarkable developmental period, in which children are transformed neurobiologically, cognitively, and interpersonally as they prepare for adult roles and relationships. The confluence of these diverse changes affects adolescence during this sensitive developmental period. Where vulnerability increases but opportunities for growth are also heightened.

Connect is an evidence-based 10-week program developed to support parents and caregivers of preteens and teens who are struggling to understand and respond to challenging behaviour.

Connect supports parents to make choices that support healthy relationships with their children while also setting limits and teaching new skills.

What is Family Solutions?

The Family Solutions program has been designed to support parents, caregivers, children, and youth to enhance relationships and mitigate conflict.

Our outreach support utilizes recognized approaches to facilitate personal growth and overcome mental health challenges.

We are a trauma-informed practice that utilizes an attachment-based parenting approach when supporting the families that we work with.

We recognize that every family is unique, our services are tailored specifically to meet the individual needs of each member.

Appointments available virtually



Parenting is a rewarding, and sometimes challenging, journey. Our team is available to support and meet the needs of all family members.

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