



Connect Parent Group



**Are you
experiencing
challenges with
parenting your
teen or pre-teen?**

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**Connect© Parent Group
could be for you!**

About Connect©

A 10-week attachment-based program
to support parents and caregivers of
pre-teens and teens



AMAL YOUTH AND FAMILY CENTRE



In-Person or Online

Parents meet weekly in groups of 8-16 with 2 group facilitators for 1.5 hours



What to expect

Each session teaches an attachment perspective on parent-child relationships and adolescent development



What happens

Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviours and problems



Results

Parents report a decrease in youth behaviour problems, emotional issues and an increase in parent satisfaction



Cost

\$295 per family - Subsidy available to cover full cost

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