



**ARE YOU A  
CAREGIVER,  
KINSHIP CAREGIVER,  
OR FOSTER CAREGIVER?**

Is your pre-teen or teen struggling with depression, anxiety, or other intense emotional difficulties? Are they getting into trouble or having severe behavioural difficulties?

**NEW DATES  
FEB 4 - APR 8**

**VIRTUALLY  
VIA ZOOM  
TUESDAY  
EVENINGS**

~~JAN 21 - MARCH 25~~

6:30pm to  
8:00pm (PST)

# CONNECT ATTACHMENT PROGRAM

Facilitated by:  
**CONNECT ATTACHMENT PROGRAM BC**

The Connect Group supports kinship and foster carers of pre-teens and teens who struggle with serious social-emotional behavioural problems. Caregivers meet with two trained group facilitators for 10 90 minute sessions where they learn about the role of attachment and trauma in shaping teen behaviour and explore new perspectives and skills to help them understand and respond sensitively. Through role-plays and reflection exercises, carers work together to build a personalized toolkit that is tailored to their relationships, one that respects the fact that each carer and each child are unique. Shaped by caregivers, and informed by evidence, the Connect program provides a unique and supportive opportunity for carers to learn and grow together.

**conflict**

*"conflict is a part of attachment"*

Conflict is part of all relationships. When conflict is expressed and managed constructively it offers new opportunities for understanding, connection and growth.

Connects Parent Group



**REGISTER NOW**

