



## Adolescence = Change

Becoming a teenager is a big transition both for the young person and their family. Relationships and social contexts have effects on all aspects of development including reshaping the brain. Concerns can arise in the face of stressors such as substance misuse or abuse, school non-attendance or intensified conflict. Some suffer from anxiety and depression.

Many parents and other caregivers may feel their teen doesn't listen to them and sometimes they may even feel pushed away. Do parents matter to teens? Actually yes! Young people continue to need their circle of caregiver and family relationships in addition to their developing network. Keeping connected helps youth thrive and to contend with life's challenges in a strong and positive way.

## What is Connect®?

Connect is a 10-week program that is designed to support parents and caregivers of pre-teens and teens. Parents meet in small groups (10-16) with two trained group leaders for 1.5 hours each week.

Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents reflect on role-plays, do exercises and discuss new ways of responding to challenging behaviour and problems. Handouts are offered following each session with key points to remember.

We understand that each child and each parent is different and change is part of development. Rather than teach only one way of parenting, we work collaboratively with caregivers in ways that support healthy relationships, family wellbeing and opportunities for growth.

## Who Leads Connect®?

Connect groups are led by trained Connect facilitators. Your group facilitators will work hard to understand the challenges you face and to support you and your relationship with your teen. Parents who participate in Connect tell us they feel respected and supported.



## What Schools Say

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

## What Parents 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 felt better equipped to understand their child.**

**95% of parents felt better equipped to understand themselves as a parent.**

**86% of parents saw positive changes in their relationship with their child as a result of applying what they learned.**

\*Moretti & Obsuth, 2009



*Connect is designed for parents and caregivers of teens just like you. It addresses changes that occur between adults and teens and helps them keep their relationship strong and positive. Connect is for all families – it helps protect teens as they move forward in their journey to adulthood.*

## Why Connect?

Developed uniquely for parents and caregivers of teens based on strong evidence in the domains of:

- + Attachment Security
- + Child and Adolescent Development
- + Mental Health and Social Well-Being
- + Parenting and Family Functioning
- + Prevention and Intervention Research
- + Parents' Feedback
- + Short- and Long-Term Effectiveness

## Does Connect Work?

We really listen to parents and have used their feedback to shape the Connect Program. We make sure we get feedback from participants every time a Connect group is provided.

Connect has been proven to be evidence-based, trauma-informed and consistently produces significant improvements across a broad band of outcomes including behaviour problems and parenting satisfaction. Parents consistently report that the program is extremely helpful: including feeling less stressed and more effective in parenting; they see fewer behaviour problems and better social functioning in their teen. Our work evaluating Connect continues. For more information please see:

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

[www.connectparentgroup.ca](http://www.connectparentgroup.ca)

*Next Group:*

**Tuesdays, March 14<sup>th</sup> – May 16<sup>th</sup> from 3-4:30pm at 8978 School St, Chilliwack**

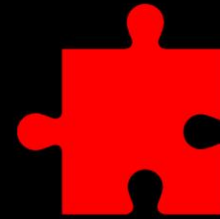
*To find out more about the program, please contact:*

**Catherine Drennan: (604) 793-3066,  
Catherine.Drennan@gov.bc.ca**

**Julia Martin: 604-798-6413,  
julia.martin@gov.bc.ca**

# Connect Parent Group

*An Attachment Based Program to  
Support Parents & Caregivers*



*Information for Parents  
and Caregivers*