



Connect Parent Group

**Starts: October 8
6-7:30pm
Claresholm Library**

Connect is a 9-week attachment based group for parents and caregivers.

This group is facilitated by two trained Connect leaders with extensive mental health, development and attachment knowledge and experience.

Connect is a program designed to help parents and caregivers build and strengthen their connection with their children, find new ways of responding to challenging behavior, and gain insights into child development, attachment and relationships.

The group is designed to be supportive and non-judgmental. Each weekly group builds on the fundamentals of attachment with education and group discussions aimed to build insight and skills that can be applied in any relationship especially at home.

Contact Patti or Kristen at 403-625-4068 to register

Space is limited.