

## Connect® Parent Group

Connect® is a **FREE** 10-week program to support parents of pre-teens (ages 8 – 12) and teens (ages 13 – 17). Parents meet in groups of 10 – 16 with two trained group leaders for 1.5 hours each week.

Co-developed over the last 10 years by the Maples Adolescent Treatment Centre and Simon Fraser University, the program focuses on the core components of secure attachment to promote children's social, emotional and behavioural adjustment. Connect® helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts.



### The Parent-Child Relationship

Do you ever worry about your pre-teen or teen? Do you sometimes even feel pushed away? Do you feel like your relationship with your child has changed due to their transition into adolescence?

There is very good evidence **that strong relationships with parents** protect youth from risk during adolescence and help them thrive. We call that *attachment!*

## What Happens In A Connect® Group?

Each session provides parents with an attachment perspective on parent-child relationships and adolescent development. Parents watch role-plays, do exercises and discuss ways of responding to challenging behaviour and problems. *Connect is supportive, but it is not a support group.* After each session, parents receive handouts with key points to remember when applying the principles in their own parent-child relationships.



## What Do Parents Say?

Parents have expressed that they appreciate how the role-plays showed them how to handle different problems, and they value the confidence that they have gained as a parent.

Parents have also shared that the leaders have helped them feel positive and hopeful about their parent-child relationship, and they have been excited to see gradual growth in their relationship.



## Does Connect® Work?

After taking the group, parents report:

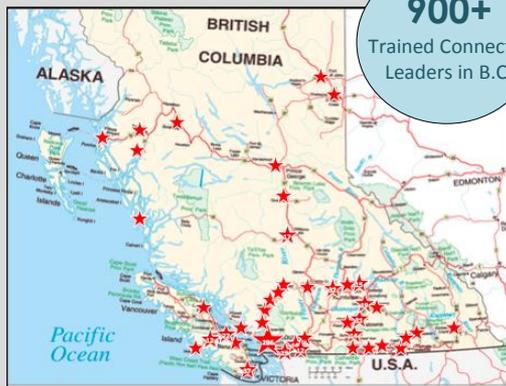
- ↓ Decrease in youth behavioural problems (e.g., aggressive behavior)
- ↓ Decrease in youth emotional issues (e.g., depression, anxiety)
- ↑ Increase in parent satisfaction



- 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 during Connect®

## Where Does Connect® Run?

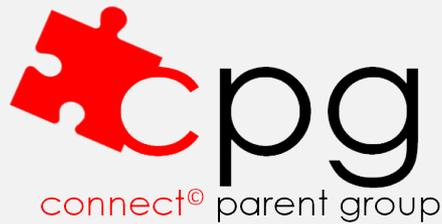
Connect® is run by a variety of trained professionals in settings such as schools, community agencies and mental health offices across Canada, Sweden, Norway, and Italy. Wherever there are trained leaders, there are Connect® groups. Contact us to find the nearest location to you!



Connect Parent Groups in Canada 2006-2016 (N = 619)

## Research Participation

Connect® has been developed in collaboration between mental health professionals and researchers. **Over 7000** families have participated in Connect® and **900+** families have enjoyed participating in the evaluation study of Connect®. Their valuable feedback has contributed to the improvement of the program. Occasionally, the opportunity to participate in research may become available.



## Interested In Learning More Or Joining A Group?

Contact the **SFU Adolescent Health Lab** to learn more about Connect®:

Phone: (778) 782-4956

Email: [connectproject@sfu.ca](mailto:connectproject@sfu.ca)

Web: [www.connectparentgroup.org](http://www.connectparentgroup.org)  
[www.adolescenthealth.ca](http://www.adolescenthealth.ca)

To find a Connect® group near you, please contact:

**Lesley Beck**

Phone: (604) 660-0574

Email: [Lesley.NicholasBeck@gov.bc.ca](mailto:Lesley.NicholasBeck@gov.bc.ca)

**Beau Mein**

Phone: (604) 660-0620

Email: [beau.mein@gov.bc.ca](mailto:beau.mein@gov.bc.ca)

**All inquiries are completely  
confidential.**

The logo for Connect® Parent Group. It features a red puzzle piece that forms the letter 'c', followed by the letters 'p' and 'g' in a black, lowercase, sans-serif font. Below this graphic, the words "Connect®" and "Parent Group" are written in a larger, lowercase, sans-serif font, with "Connect®" in red and "Parent Group" in black.



## Information for Parents and Caregivers

