Adolescence = Change

Becoming a teenager is a big transition. Relationships and social contexts have effects on all aspects of development including reshaping the brain. There is often more conflict between parents and teens, and teens spend more and more time with their friends. Some teens get involved in problem behaviour, like skipping school, alcohol and drug use. Some suffer from anxiety and depression.

Many parents may feel their teen doesn't listen to them and sometimes they may even feel pushed away. Do parents matter to teens? Actually there is very good evidence that strong relationships with parents protect teens from risk during adolescence and help them thrive. We call that attachment!
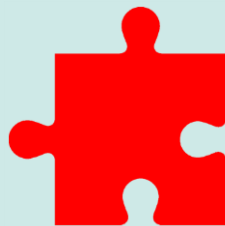
What is Connect©?

Connect is a 10-week program to support parents 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 watch role-plays, do exercises and discuss new ways of responding to challenging behaviour and problems. Parents receive handouts 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 help parents see choices that support healthy relationships while setting limits and helping their teen to move forward.

Who Leads Connect©?

Connect groups are led by trained Connect leaders. Your group leaders 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 of teens just like you. It addresses changes that occur between parents and teens and helps them keep their relationship strong and positive. Connect is for all parents – 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 parents every time a Connect group is provided.

Connect has been proven to be evidence-based and consistently produces significant improvements across a broad band of outcomes including behaviour problems and parenting satisfaction. Parents uniformly report that the program is extremely helpful: Parents report 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

www.connectparentgroup.ca

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

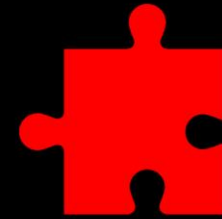**Karen von Kanel:**
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or

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Phone: 604-595-5373
Email: hofmann_s@surreyschools.ca

All inquiries and responses are completely confidential.

Surrey Schools
LEADERSHIP IN LEARNING

Connect
Parent Group
An Attachment Based Program to Support Parents & Caregivers

Information for Parents and Caregivers

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