

Are You a Parent, Adoptive Parent, Kinship Parent, or Foster Parent?

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?



is an evidence-based 10-week attachment-based program that helps parents support youth ages 8-18 years, delivered **in-person** or **online**.

www.connectattachmentprograms.org

In person Tuesdays 12-1:30pm Jan 6 - March 10 2026 at 3939 St. Peters Rd.

Contact us or visit our website if you're interested in learning more.



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