



# Connect Parenting Group

## **Build stronger connections with your teen.**

Connect is a free 10-week program that helps parents and caregivers of youth (ages 12–18) understand and respond to their teen’s challenging emotions and behaviours.

Each week, you’ll meet in a small group with trained facilitators to explore key principles of attachment and adolescent development through discussion and reflection.

**When:** Tuesday evenings from 6:00pm–7:30pm  
January 6th, 2026 to March 10th, 2026

**Where:** 190 Wallace Street, 2nd floor boardroom

### **For more information contact:**

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🌐 Visit: [www.narsf.org/groups-and-workshops/](http://www.narsf.org/groups-and-workshops/)

### **Weekly Topics Include:**

- Understanding Attachment
- All Behaviour Has Meaning
- Conflict Is Part of Attachment
- Empathy: The Heartbeat of Connection
- Balancing Needs & Building Resilience
- Growth, Change & Staying on Course



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