



Connect is a 10-week program to support parents and caregivers of teens (ages 14-17) with behavioural and emotional problems. Parents meet in small groups with two trained group leaders for 90 minutes each week, with 30 minutes to eat supper together. Each session provides parents with a new perspective on parent-teen relationships and adolescent development. Parents watch role-plays and try exercises that encourage more choices for responding to their teens' difficult behaviour.

Wednesdays
February 12 - April 16
6:00 PM - 8:00 PM



Meals Provided

Wellness & Community Connections Centre
4725 43rd Street

Registration is required for all programs
Call: 403 864 5583