



## What is Reclaiming Connections?

Reclaiming Connections brings parents and caregivers together for **10 weekly gatherings**, with a focus on understanding the importance of attachment and connection for pre-teens (age 8-12) and teens (age 13-17).

Caregivers come together in groups of 8-12 with two facilitators for **1.5 hours each week**. Knowledge keepers and Elders are welcome at each gathering, which occur in-person or virtually.

The group promotes **cultural connectedness** and is shaped by **Indigenous voices** to ensure relevance by and for each community's particular culture, needs, and history.

**For more information or to get involved, please visit:**

[www.connectattachmentprograms.org/reclaimingconnections](http://www.connectattachmentprograms.org/reclaimingconnections)

**To find Reclaiming Connections in your community, please contact:**

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## Reclaiming Connections

**Drawing on Indigenous Knowledge & Cultural Resilience to Strengthen Relationships Between Youth, their Parents, and their Circle of Caregivers**

*Information for Parents and Caregivers*

Reclaiming Connections is part of *Connect Attachment Programs*, in partnership with Simon Fraser University





## What do Parents and Caregivers Do in Reclaiming Connections?

- Drawing on each caregiver's **cultural knowledge**, explore ideas and strategies to support our children and take care of ourselves
- Build understanding of *our child's* and *our own* relational needs, feelings, and behaviours
- Discuss ways of **responding to challenging behaviours** and intense emotions
- Watch **role plays** that show common challenges and engage in **reflection exercises**



## Shaping Reclaiming Connections

Reclaiming Connections is shaped by Indigenous families, mental health professionals, and researchers.

Through **mutual dialogue and partnership** with all levels of community, we continue to gather information about how to make the program stronger and **ensure cultural sensitivity and safety**.

Information gathered belongs to each community; and with consent, new knowledge will be shared broadly to support learning.



Graphics by Colleen Stevenson

## Understanding Our Connections with Adolescents

Becoming a teenager is a big transition for both young people and their kinship. Many parents and caregivers may find it difficult connecting with their youth. However, teenagers continue to need relationships and connections with their caregivers and kinship as they get older.

In Reclaiming Connections, we find **new ways of understanding and strengthening relationships** with our children to support them in navigating life's journey.

