

WHAT IS CONNECT?

Connect is a 10-week program for parents and caregivers of pre-teens and teens.

For 1.5 hours each week, parents and caregivers meet in small groups (10-16) with two trained facilitators.

Each session, parents and caregivers learn about parent-teen relationships and adolescent development. They reflect on role-plays and do exercises and discuss new ways of responding to challenging behaviors and intense emotions.

We understand that each parent and child is different. We work together with parents to explore the many ways they can support their children's healthy development.

Contact us

for more information

- **Phone**
720-515-8814
- **Email**
info@mannaresourcecenter.org
- **Website**
mannaresourcecenter.org



DOES CONNECT WORK?

Connect is an evidence-based and trauma informed intervention. Parents and caregivers report that the program is extremely helpful for both themselves and their children. Parents report feeling less stressed and more confident in their parenting.

- 97% of parents feel better equipped to understand their child
- 95% of parents better better equipped to understand themselves as a parent
- 86% of parents see positive changes in their relationship with their child as a result of applying what they learned



MANNA
RESOURCE CENTER



PARENT CONNECT

An Attachment-Based & Trauma-Informed Program for Parents and Caregivers



DETAILS

April 4th - June 13th

6pm - 7:30pm

Online via Zoom

BIG CHANGES

Becoming a teenager is a big transition for both young people and their families. Relationships and social changes affect all aspects of adolescent development.

Concerns can arise around substance use, social media, school attendance and family conflict. Some youth may suffer from anxiety and depression.

Many parents and caregivers feel their teens don't listen to them. They may sometimes feel disrespected. Do parents and caregivers matter to teens? YES. They need their caregivers and being connected helps them thrive and cope with life's challenges in a positive way.

If you are interested in joining the upcoming cohort, please complete our referral form to begin the process



WHY CONNECT?

Connect addresses changes that occur between teens and their parents or caregivers. It also helps them keep their relationship strong and positive. Connect was designed based on strong scientific evidence in the areas of:

- Attachment
- Child and adolescent development
- Trauma, social, emotional and mental health
- Parenting and family functioning
- Short-and long-term treatment effectiveness
- Parents' feedback