

NURTURING ATTACHMENTS

A group for adoptive, foster and kin parents to help parents nurture their attachments with their children so that the children will feel increasingly secure and supported by their parents and in turn more receptive to limits and expectations.

The group is split into 3 modules with the first two occurring February – June, 2017, and the third, from the following September to December, 2017.

There will be up to 16 sessions running on Wednesdays from 6:30pm – 8:30pm. The following dates are confirmed.

WINTER AND SPRING SESSIONS

February 8, 22

March 8, 29

May 10, 24

April 12, 26

June 7, 21

SUMMER BREAK

September 13, 27

October 11, 25

November 8, 22



- Learn how to help your child develop close, satisfying relationships
- Learn practical approaches to promoting attachment, shaping behavior and working through trauma and grief
- Experience the feeling of peer support, community and mutual understanding

Parents are saying about the group:

“I see my child needs help and I feel more equipped to help.”

“I am parenting more effectively and focusing on our relationship.”

“It is very helpful, I am able to step back, not react, and reconnect with my child.”

“Our relationship is better.... closer.... more cuddling”

COST: \$50 per group session (fees may be reduced based on need)

LOCATION: 81 The East Mall, 3rd Floor, Etobicoke, M8Z 5W3

REGISTRATION/QUESTIONS: Call Nijatha Subramaniam at (416) 622-8833 ext. 258