

NURTURING CONNECTIONS

A group to help parents improve their relationships with their children so that the children will feel increasingly secure and supported by their parents even in the face of conflict and challenges and will in turn, be more responsive to limits and expectations.

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

There will be 18 sessions running on Wednesdays from 6:30pm – 8:30pm on the following dates:

WINTER AND SPRING SESSIONS

January 18

February 1, 15

March 1, 22

April 5, 19

May 3, 17

June 14, 28

SUMMER BREAK

September 20

October 4, 18

November 1, 15, 29



- Learn how to help your child maintain close, satisfying relationships even when challenges or conflicts arise
- Learn practical approaches to shaping behaviour and setting limits while maintaining a secure connection
- 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: \$500.00 (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