

“We would like to acknowledge the shared unceded traditional territory of the Coast Salish People on which our schools are located.”

RECLAIMING CONNECTIONS

An Indigenous Based Program Supporting Caregivers

What is Reclaiming Connections?

Reclaiming Connections is a 10-week program for caregivers of Aboriginal youth (ages 8-18). It honours the diversity of the makeup of Aboriginal families and caregivers, the group meets together each week for 1.5 hours with two trained leaders (*please note: child minding is available*).

- Rooted in the concepts of relationships, adolescence, parenting and Indigenous values, traditions and knowledge.
- Each session begins with a guiding principle that is related to and supports caregiving.
- The program does not tell caregivers how they should parent.
- Uses open discussion, role-plays and reflection exercises.
- Caregivers generate ideas about how best to support their child while including the need for understanding, safety and guidance.

Reclaiming Connections promotes the belief that relationships, connections and communication are the foundations of caregiving.

What:	<ul style="list-style-type: none"> • <i>Gather and eat together.</i> • <i>Discuss and share ideas for supporting children, youth, and family.</i>
When:	
Where:	

For further information contact:

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