



WEDNESDAY, OCTOBER 10, 2018 ATTACHMENT THEORY & THE TEENAGE STAGE:

A Workshop for Parents

Do you have a teenager who is always on the phone? Do they answer I'm ok every day when you ask them how they are? Do they avoid sitting at the dinner table with you? This workshop will focus on strategies to enhance connection between caregiver and teen and will focus on healthy communication and healthy relationships. Therapist Kim Barthel will focus on assisting parents, foster parents, grandparents and other caregivers with understanding attachment strategies. This is your opportunity to ask the questions you want for your family and get the answers you need!

OBJECTIVES

- Introduction to attachment
- Why teens disconnect from caregivers
- Understanding attachment from a teen's perspective
- Taking care of the mental health of your teen and yourself
- Creating healthy environments
- Reframing challenging behaviours
- Attachment strategies
- Case consultation question and answer sessions



An innovator in connecting mental health and function, occupational therapist Kim Barthel has dedicated herself to bridging disciplines and opening minds.

A proponent of "putting your mind in the mind of the other", she teaches globally about understanding what's behind complex behaviour. Her specialties include attachment, trauma, addiction, sensory processing, movement, and learning. Neurobiology is integral to Kim's focus – because the more we understand how the brain works, the more we can feel compassion for ourselves and others, naturally reducing the shame and division between us.

TIME
9:30am to 3:00pm

COST
Early bird \$55
(until August 15,
2018)
Regular \$75

To Register
online at
www.aulneau.com
or email
training@aulneau.com

A light lunch is included in the cost. Childcare (for children under 6 years of age) is also available for free. Please let us know if needed.

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