

Raising Resilient Kids

Raising Resilient Kids groups are for parents with kids 0-6 years old. In this group, we teach skills to prepare and support you in raising a secure, resilient child based on the best evidence from child development, mindfulness, attachment, and reflective parenting. You will learn how to be curious of your child's inner world, navigate conflict, normalize distress, and manage not only your child's but also your own big emotions and behaviors. We will also teach you how to create a secure home base to support your child's development. This is a preventative care program designed to strengthen caregiver-child relationships. Caregivers who attend the groups must be referred by a doctor, but the child does not have to have any particular diagnosis for the caregiver to be eligible to participate.



Course Content Overview

**Parenting is Messy—
Embracing the Good Enough Parent**

**We All Flip Our Lids—
Managing Big Emotions**

**Bringing Curiosity and Friendliness
to our Experiences--Mindfulness and
Compassion**

**We all Have the Same Needs—
Supporting Secure Attachment in our
Kids**

**Noticing and Responding to
our Parent Alarms**

**Navigating Rocky Moments
and Repairs**

**Supporting the Emotional Climate
of Your Family**

Group Overview

WHEN: Eight Weekly 1.5 - 2 hr Group Medical Visits

WHERE: Virtual (zoom)

COST: \$65 no show deposit (same as CBT Skills)

INCLUSION CRITERIA

- Parents or caregivers with at least one child age 0-6 years old.
- Parents or caregivers must be referred with a mental health diagnosis or V code
- PHQ-9 score of 18 or less

WHO DOES NOT FIT WELL— CAREGIVERS WITH:

- Personality disorders that interfere with group participation
- Trauma history with high potential to destabilize
- Cognitive impairment
- Psychosis, mania, or impairing substance use
- Active suicidal ideation or behaviour
- Social anxiety that would prohibit group participation
- High severity of any of the illnesses listed above
- Caregivers below 18 years of age



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