

Parenting Support for Rural & Remote Communities!

CBT Skills Groups for Parents and Parents-to-be.

Parenting can often feel overwhelming and isolating, and this can be especially challenging for those who are living in rural or remote communities. We are here to help!

Raising Resilient Kids (RRK) is a physician-facilitated parenting skills-based group, designed to strengthen the caregiver-child relationship during the early childhood years. Group participants benefit from **psycho-education** on children's social-emotional development, and essential **parenting skills** to navigate conflict, normalize distress, and support healthy emotional expression in kids. In the 8-week program, trained physicians facilitate:

- self-regulation and co-regulation strategies,
- mindfulness and compassion practices,
- attachment and reflective parenting approaches,
- cognitive, behavioural, dialectical and interpersonal approaches for encounters with anxiety and challenging behaviours in kids.

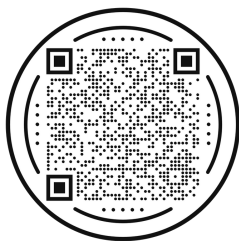
We offer many online groups year-round. Parents can benefit from a supportive group and connect with other parents, all while being in the comfort of their own home.

WHO TO REFER:

- 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 V612 code, and a PHQ-9 score of 18 or less. The child does not have to have any particular diagnosis for the caregiver to participate.

REFER: The referral form is in MOIS, Oscar, Med Access, and Wolf or found on our website.

If you have any questions or would like more information about RRK or other CBT Skills programs, please contact info@cbtskills.ca or visit www.cbtskills.ca



Scan QR Code for
more info about RRK
and the referral
process

