

Caregiving Through Connections



CSBD

What Is Caregiving Through Connections (CTC)?

A safe, non-judgmental experience for mothers to learn & explore:

the link between early trauma & its impacts on attachments, parenting and children's development





Eligibility Criteria

CTC is Created for Mothers Who:

- Are the primary caregiver of at least one child, under the age of 7
- Have past or current involvement in child welfare
- Have experienced early adverse exposures to trauma or violence
- Have stable housing and relationship status (not in active crisis)
- Are not active in addictions or substance use
- Are motivated to participate in 16 weeks of intervention
- Have the capacity to participate in group learning and reflection

CONTENT & DELIVERY



- 16-week program comprised of 2 components, both group and one to one work
- Upon completion, a collaborative document will be created between facilitator and participant outlining insights, progress and recommendations



Building Connections

8-week group work

Identifying the link between
early trauma, current attachments
and child development

Key Messages Include:

- Healthy Relationships
 - Exploring early trauma & its impacts
 - Recovering From the Past: Building Healthy Relationships for Me and My Child
- Child Development and Behaviour
 - Building Self-Esteem
 - Positive Parenting: Building Self-Esteem in Children



Circle of Security Parenting

8 weeks of one-to-one work



Exploring & increasing
parent-child attachment, responsiveness and
sensitivity

Circle of Security Parent Model

- Introducing The Circle of Security Graphic & learning how attachment is always taking place
- Exploring Your Child's Needs All the Way Around the Circle
- The Path to Security , introducing “Shark Music”
- Exploring Our Struggle and roots of “Mean, Weak and Gone”
- Rupture and Repair in Relationships, “It's never too late”



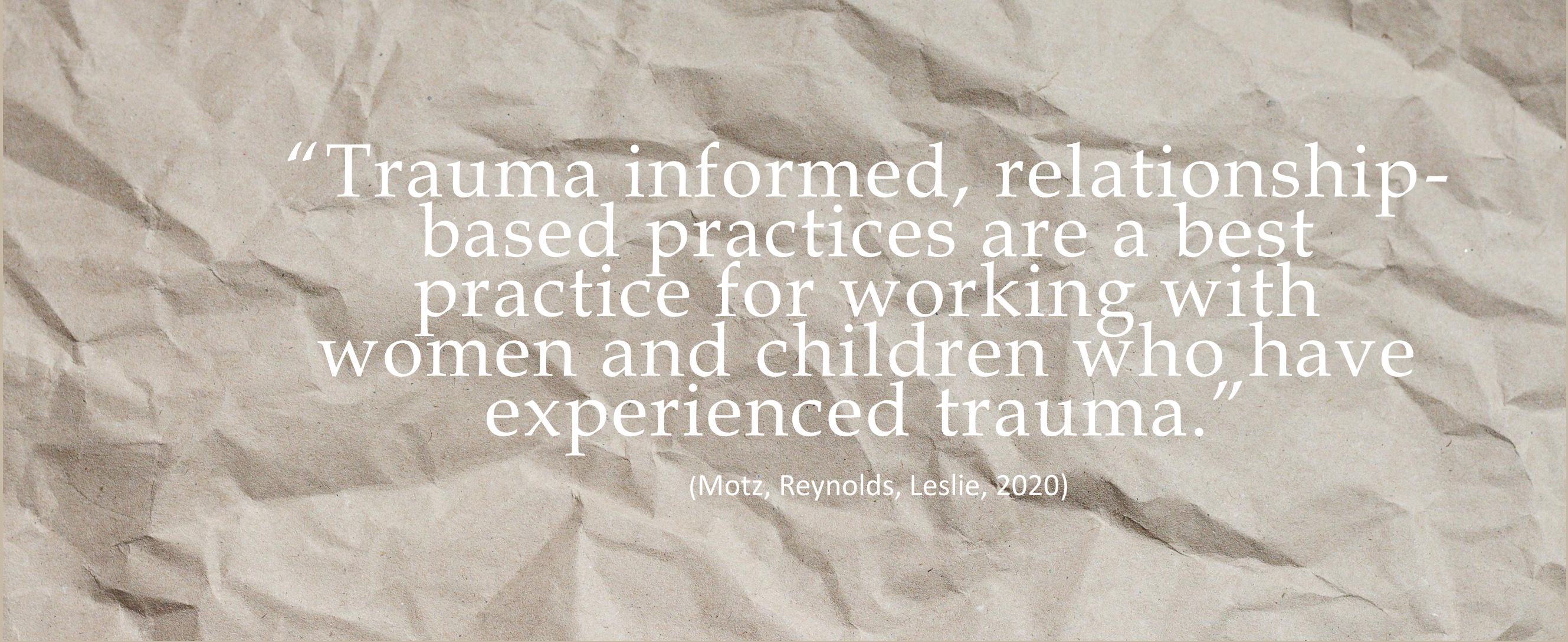
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Why Caregiving Through Connections?



How Is The Program Different?

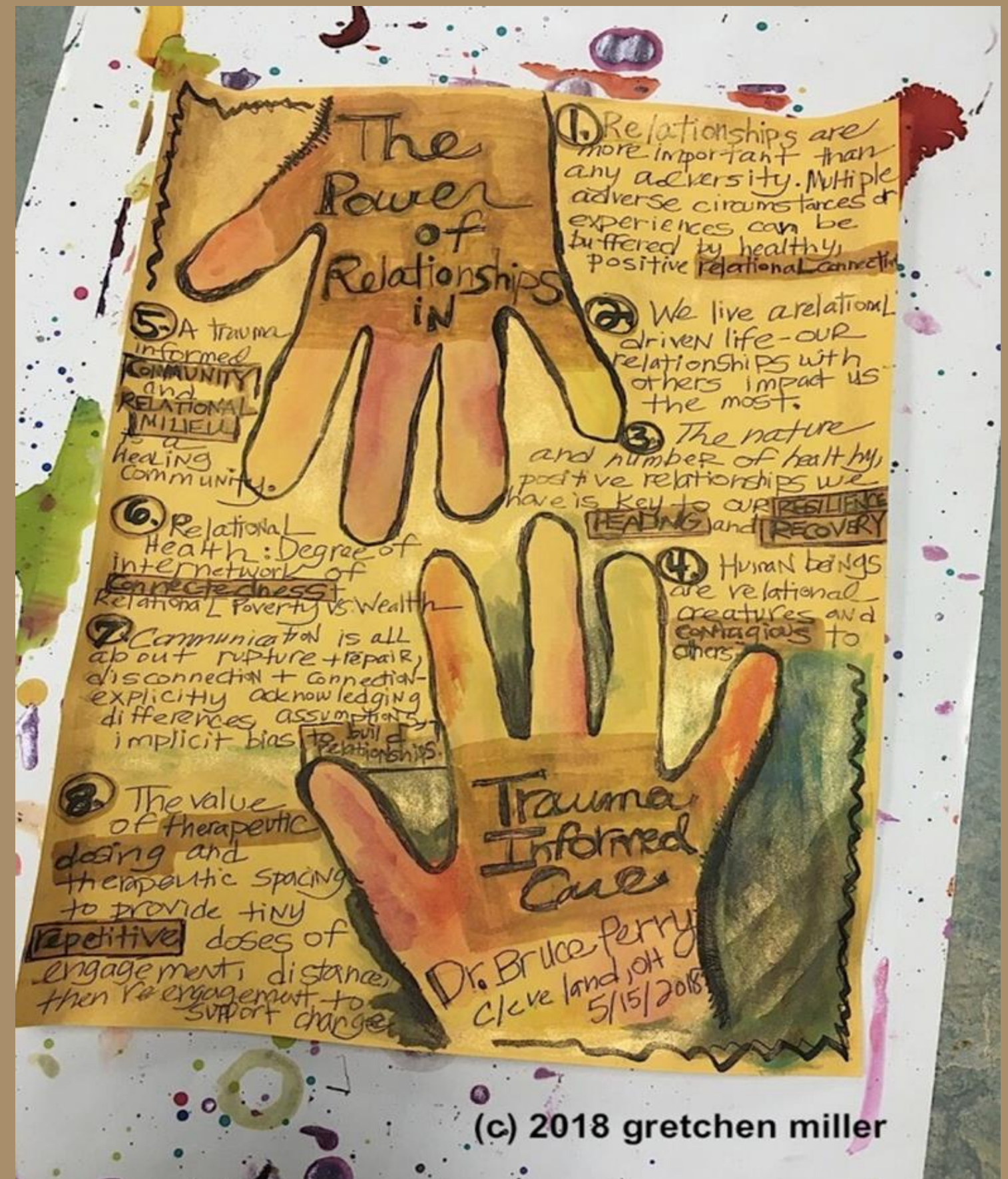
- Evidence based models that use trauma informed and relationship-based practices
- Recognize that trauma is often the driver in generational involvement in child welfare



“Trauma informed, relationship-based practices are a best practice for working with women and children who have experienced trauma.”

(Motz, Reynolds, Leslie, 2020)

Core Beliefs



Referral Process

- Current referral source is through child welfare
- Referral forms can be retrieved through CSBD's website or Sara Hamilton
- Faxed or emailed directly to Sara Hamilton

Upon Receipt of the Referral:

- Meet & Greet
- Intake
- Begin CTC group



Program Details

- Caregiving Through Connection runs through the year with groups beginning every fall, winter and spring
- Group will include a maximum of 6 participants



Wednesdays,
11:00am-2:00pm
with Catered Lunch
@ CSBD

For More Information



<http://www.csbd.on.ca/services/family-court-clinic/>

Or Contact Sara Hamilton @:
Sara.Hamilton@csbd.on.ca

