

Join our  
**ATTACH™**  
program to  
promote  
healthy  
parenting!



**ATTACH™**  
ATTACHMENT ♥ CHILD HEALTH

Attachment and  
Child Health (ATTACH™)

Program Director: Dr. Nicole Letourneau  
University of Calgary

Project Manager: Dr. Martha Hart  
University of Calgary

## ABOUT ATTACH™

We are working with researchers at the University of Calgary to deliver and evaluate ATTACH™. This is a new parenting program that can help promote your child's secure attachment to you. ATTACH™ might also help you better understand your own and your child's feelings and behavior. ATTACH™ is designed to help you learn an important life skill called "*Reflective Function*" because it involves reflecting on how you parent, and it is very easy to learn and do.

## WHAT SHOULD YOU EXPECT?

- If you are eligible and choose to enroll, you will take part in 10, 1-hour sessions with an ATTACH™ facilitator. You will receive \$280 honorarium in total to appreciate you for your time and participation.
- You will learn about and practice being reflective.
- We will ask you to answer some questions about yourself and your child, and to provide us with your feedback.
- We will observe you and your child during play.
- All information shared with our University of Calgary ATTACH™ research team is kept confidential.
- You cannot be enrolled in the ATTACH™ program without being in the research.

Please email or call Kayla Seel, Teen Young Parent Program at 306-244-0127 to find out more and help you enroll in the study.

### Agency's Information:

Family Service Saskatoon  
102- 506 25<sup>th</sup> St East  
Saskatoon, SK S7K 4A7  
306-244-0127

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**BE A PART OF THIS EXCITING PROJECT!**

**We hope you will participate!**

Ethics ID: REB20-0903

This study has been approved by the University of Calgary Conjoint Health Research

