

# Cherish the Caregiver

Is a support group for caregivers wishing to work on their attachment relationship with themselves and their children.

The title “cherish the caregiver” comes out of a key principle mentioned by John Bowlby (the father of *attachment theory*) reminding us that valuing children starts by valuing the caregiver as well. This 8-week processed group aims to transform how you see your role as a caregiver and encourages you to; get to know yourself as a parent; learn from other struggling caregivers; and develop self-compassion while work on being the bigger, kinder, and wiser version of yourself. It is my hope that you leave with a renewed sense of what you can do well as a parent.

Sessions at a glance:

**Week 1: Understanding our family**

**Week 2: Loving ourselves within our family**

**Week 3: Expressing compassion in the family**

**Week 4: Boundary structuring for the family**

**Week 5: Permitting exploration with our family**

**Week 6: Mindful communication and the family**

**Week 7: Invested presence and mindful attunement**

**Week 8: Putting it all together & wrap-up**

Please Note: There are no refunds or discounts for days not attended.

Facilitators: Rob Plese M.A., C.C.C.  
Melanie Roy, B.A. (MSW Candidate)



WE HAVE LIMITED SPACE

SO PLEASE REGISTER EARLY

CENTRE DE RENOUVEAU  
**AULNEAU**  
RENEWAL CENTRE

## DATE

Starting Wednesday,  
February 22, 2023 - April  
12, 2023. (Weekly)

## TIME

5:00pm – 7:00pm

## COST

\$250 for 8 weeks

## WHERE

228 Hamel Avenue

## REGISTER

[Aulneau.com](http://Aulneau.com)

## QUESTIONS?

EMAIL:

[training@aulneau.com](mailto:training@aulneau.com)

CALL:

204-987-7090