

NURTURING INFANT MENTAL WELLNESS

Attachment Program Offerings

For Early Years Professionals

 StrongMindsStrongKids.org



Supported by



50+ YEARS OF PROMOTING MENTAL HEALTH

About Us



Founded in 1974 by pioneering psychologists, we have spent over 50 years promoting mental well-being in children and youth using psychological science. At a time when mental health awareness was rare, our founders recognized that fostering resilience in childhood was key to a healthier future.

Today, as a charitable organization with national reach, we continue this mission by providing evidence and psychology-based programs that equip young people, from birth to age 18, with essential coping skills. Our work focuses on three key pillars:

- **Attachment** – Strengthening early parent-child bonds.
- **Stress Management** – Teaching stress coping strategies.
- **Capacity Building** – Empowering youth for lifelong resilience.

Through a mental health promotion approach, we empower children and youth directly—along with the parents, caregivers, educators, and professionals who support them—with practical tools to build resilience and thrive, laying the foundation for lifelong mental well-being.



OUR COMPREHENSIVE ATTACHMENT PROGRAM

Every Child Deserves a Strong Start

“Make the Connection is effective in promoting positive parent-to-infant attachment and is a strong candidate for public health initiatives targeting parenting skills.”

Journal of Reproductive and Infant Psychology

Empowering parents and caregivers with confidence—one meaningful connection at a time.

The Program

Make the Connection (MTC), empowers parents and caregivers of infants (*birth to age 3*) with practical tools to nurture secure attachment and build strong, healthy parent-child relationships from the very start.

Key Highlights

- Grounded in psychological science.
- Evidence-based and evaluated.
- Practical strategies and activities to support secure attachment, brain development, and healthy parent-child bonds.



1

MTC Online (For Parents & Caregivers)

- An 8-week, self-paced program that helps parents foster secure attachment and support infant brain development—from the comfort of home.

2

MTC Facilitator-Led (For Early Years Professionals)

- Equips professionals to deliver the MTC program to families in live, weekly sessions—bringing the online program to life!

For Parents & Caregivers

makingtheconnectionmatters.com

Through engaging videos, practical strategies, and easy-to-implement activities, parents and caregivers will discover what it means to be 'good enough'

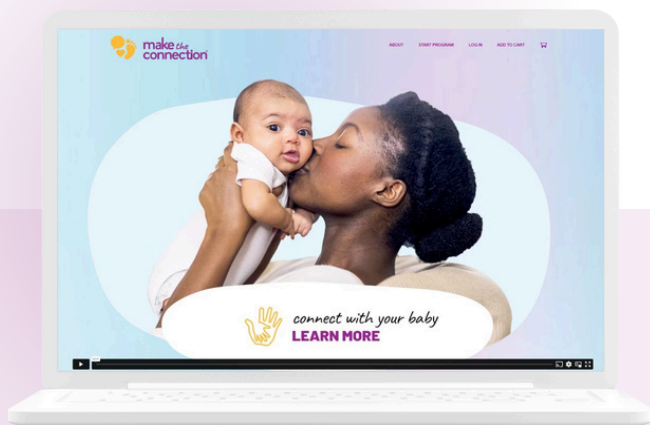
embracing their role in nurturing their child's emotional and developmental needs from the comfort of home.

The Online Program

Make the Connection Online is a self-paced, 8-week program designed to equip parents and caregivers with infants from birth to age 3 with practical tools to support healthy parent-child relationships, brain development and secure attachment.

Key Highlights

- ✓ Self-paced & independent learning.
- ✓ Accessible anytime, anywhere - never expires!
- ✓ Focus on the 7 Pillars of Attachment.
- ✓ Insight from a child psychologist.



Value of \$50 per user



For Early Years Professionals

Make the Connection Facilitator-Led

Training available to equip early years professionals with the knowledge and confidence to deliver the program to the families they support.

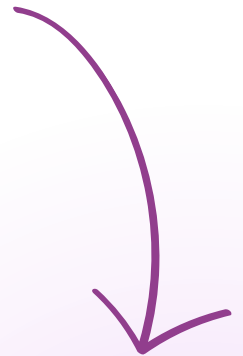
- Led by an SMSK Attachment Expert
- 1.5 or 2.5 hour virtual delivery options

Facilitator Guide

Equips early years professionals with the tools, knowledge, and confidence to deliver the MTC program through live, weekly sessions—bringing the online program to life and helping families build secure attachment and strong parent-child relationships from the start.

Key Highlights

- ✓ Structured 9-week program delivered live by a professional.
- ✓ Step-by-step lesson plans for seamless delivery.
- ✓ Clear instruction for integrating the Online program into live delivery.



For Early Years Professionals

Make the Connection Facilitator-Led

TRAINING PACKAGE OPTIONS

Professional development training for professionals to seamlessly deliver **Make the Connection** with families they serve.

*Virtual training available Canada wide.
In-Person training available in PEI only.*

Package A: Accelerated Training

Duration: 1.5 hours, virtual or in-person
Cost: \$50/person (V); \$75/person (IP)
• **Virtual Base Fee:** \$275
• **In-Person Base Fee:** \$500
Minimum Participants: 5 (V) 8 (IP)

What's Included:

- ✓ 1.5-hour **live training with our Attachment Expert.** *Webinar format.*
- ✓ Program Guide E-Book
- ✓ Certificate of Completion

Package B: Interactive Training

Duration: 2.5 hours, online or in-person
Cost: \$75/person (V); \$100/person (IP)
• **Virtual Base Fee:** \$350
• **In-Person Base Fee:** \$800
Minimum Participants: 5 (V); 8 (IP)

What's Included:

- ✓ 2.5-hour **live training with our Attachment Expert.** *Meeting format.*
- ✓ Interactive and collaborative learning including group discussions and breakout rooms.
- ✓ Program Guide E-Book
- ✓ Certificate of Completion

BOOK TODAY!

To book a training for your staff, please contact us.

✉ Bre.Calma@strongmindsstrongkids.org





Contact Us

To learn more about our programs & partnership opportunities

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To book a training

- 👤 Bre Calma (they/them)
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General inquiries and bulk orders

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