



WEBINAR RESOURCES: COVID-19 IMPACTS: UNDERSTANDING AND SUPPORTING RELATIONSHIPS AND CAREGIVER-CHILD/YOUTH ATTACHMENT

Website Resources

- [Alberta Family Wellness Initiative - The Brain Story](#)
- [Best Babies Prenatal Program](#)
- [Canadian Mental Health Association - Confident Parents, Thriving Kids](#)
- [Center for Parent & Teen Communication](#)
- [Circle of Security](#)
- [Connect Attachment Programs](#)
- [Family Smart Parent Support](#)
- [Family Support Institute of BC](#)
- [Foundry - Emotion Focused Family Therapy](#)
- [Healthy Families BC - Nurse-Family Partnership](#)
- [Kelty Mental Health Resource Centre](#)
- [Mental Health Foundations](#)
- [Touchpoints Parenting Program](#)
 - Brazelton Touchpoints Provider - please contact Jan Ference at jan@cvcda.ca
 - [Touchpoints Provider Training](#)

Books

- *Attached: The New Science of Adult Attachment: How it can help you find and keep love* by Rachel Heller and Amir Levine
- *Attachment Theory in Practice* by Susan M. Johnson
- *Becoming Attached* by Robert Karen
- *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Sue Johnson
- *More Than a Bird* by Liz Huntley
- *Parenting from the Inside Out* by Daniel J Siegel and Mary Hartzell
- *The Power of Showing Up* by Dan Siegel and Tina Payne Bryson
 - [Refrigerator Sheet](#)

- *Raising a Secure Child* by Bert Powell, Glen Cooper and Kent Hoffman
- *What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers* by Adele Lafrance and Ashley P Miller

Podcasts

- [Therapist Uncensored – Podcast](#)
 - [Episode 5: TU05: How Attachment Impacts Adult Relationships – Attachment 101 Part 1](#)
 - [Episode 6: TU06: How Attachment Impacts Adult Relationships \(continued\)- Attachment 101 Part 2](#)
 - [Episode 56: TU56: How We Come to Define Ourselves – Attachment Research Over Decades with Guest Alan Sroufe](#)
 - [Episodes 59: TU59: Are You Cool, or Just Cut Off? Dismissing/Avoidant Styles of Relating in Adulthood](#)
 - [Episode 60: TU60: Preoccupation in Relationships – Signs and Solutions to Anxious Attachment](#)
 - [Episode 61: TU61: It's Not Crazy; It's a Solution to an Unsolvable Problem – Disorganized Attachment](#)
 - [Episode 128: TU128 – Helping the Intense Child: The Nurtured Heart Approach](#)