

Parent & Caregivers' Circle

Drop In education and support for parents and caregivers who are concerned about their youth and substance use.

WHEN:

Wednesday evenings from 6:30-8:30.
Group begins January 23, 2019 and will run for 8 weeks until March 13, 2019

WHERE:

SHARE Family & Community Services
2615 Clarke Street
(2nd floor),
Port Moody

To reserve a spot or for more information contact SHARE Family & Community Services Intake at 604-937-6969

www.sharesociety.ca



The journey of parenting can have many highs and lows. This is especially true when faced with the challenging task of parenting a teenager. Each week there will be a different topic to discuss. Come for all 8 weeks or come when you can.

Participants will:

- Increase their knowledge about substance use
- Find support from other parents/ caregivers
- Build skills in effective communication
- Learn to manage tough emotions
- Foster healthier life balance