

**The journey of parenting can have many highs and lows. This is especially true when faced with the challenging and sometimes discouraging task of parenting a teenager.**

**Parent & Caregivers’ Circle**

**Education and support for parents and caregivers who are**

**concerned about their youth**

**and substance use.**

**WHEN:**

Thursday evenings 6:30 – 8:30pm

Group begins Thursday January 26, 2017and runs for nine sessions until April 6, 2017 (please note Group will be cancelled March 16 and 23 due to the school spring break)

**WHERE:**

SHARE Family & Community Services

2615 Clarke Street (2nd floor),

Port Moody

COST FREE

**To reserve a spot or for more information contact the intake worker at 604 936 3900**

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

**www.sharesociety.ca**