

# Parent & Caregivers' Circle

Education and support for parents and caregivers who are concerned about their youth and substance use.

## WHEN:

Tuesday evenings  
from 6:30-8:30.

Group begins  
January 21 and runs  
for 8 weeks until  
March 11

## 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](http://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.**

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