

Parent & Caregivers' Circle

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

WHEN:

Mondays evenings
from 6:30-8:30.
Group begins January
14th and runs for 8
weeks

WHERE:

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



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

To reserve a spot or for more
information contact SHARE
Family & Community Services
Intake at 604-936-3900

www.sharesociety.ca