

# Parent & Caregivers' Circle

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



## WHEN:

Tuesday evenings 6:30 – 8:30pm

Group begins Tuesday April 12, 2016 and runs for nine sessions until June 7, 2016

## WHERE:

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

COST FREE

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 youth who is using substances.

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 the intake worker at 604 936 3900

[WWW.SHARESOCIETY.CA](http://WWW.SHARESOCIETY.CA)