

SHARE'S YOUTH SUBSTANCE USE SERVICES
INVITES YOU TO:

Parent & Caregiver's Circle

Virtual drop in education and support for parents and caregivers who are concerned about their youth and substance use.



TO REGISTER:

Click on the date below to sign up for each drop in session. You must register by the Monday at noon of each week's session in order to set up an orientation time with a facilitator before your first group session.

TOPICS INCLUDE:

Nov. 10: Adolescent Development and Attachment

Nov. 17: Having Hard Conversations

Nov. 24: Continuum of Substance Use and Stages of Change

Dec. 1: Mental Health and How to Navigate the Systems

Jan. 12: Boundaries and Managing Conflict

Jan. 19: NaloxHome and Harm Reduction

Jan. 26: Youth Offering Listening Opportunities Event (6:30 to 8:30 separate registration to come)

Feb. 2: Burnout and Self Compassion

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.

WHEN:

Thursdays from 7pm to 8pm

WHERE:

On Zoom. Link distributed weekly.

This is a drop-in group. Come for all 8 weeks or come when you can.

Parents/Caregivers can join anytime, but must have an orientation with a facilitator before attending their first session.

FOR MORE INFORMATION, OR IF YOU ARE HAVING TROUBLES WITH REGISTRATION LINKS,
CONTACT SHARE FAMILY & COMMUNITY SERVICES INTAKE AT
604.540.9161