**Parent & Caregivers’ Circle**

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

**WHEN:**

Thursday evenings from 6:30-8:30.

Group begins

September 24

and runs for 8 weeks until November 12.

**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