

Youth Addiction Services
2615 Clarke Street
Port Moody, BC V3H 1Z4

Parents Wisdom Circle

An Eight Evening Parent's Leadership and Support Group



Parenting teenagers can be both challenging and rewarding. The journey involves leadership, knowledge, and becomes easier with attention to self-care.

SHARE'S Youth Addiction Services assist youth who are currently using or who are at risk for substance misuse. We created the Parents Wisdom Circle to support parents of such youth.

The **Parent's Wisdom Circle** offers the following:

- ◆ A place to talk about your concerns and successes, especially those related to your teen's substance use.
- ◆ Understanding the stages of teen substance misuse and the stages of change
- ◆ New ways of understanding your teen's stage of development
- ◆ A place to feel included, understood and heard
- ◆ Encouragement and support as you build new skills
- ◆ A place to reflect as you try out new skills
- ◆ A confidential, safe environment

This **cost-free** group is offered specifically to parents/caregivers of youth.

WHEN: Every Monday for 8 weeks (with a two week break), 7:00 – 9:00 p.m.
February 8th – March 22nd - 2010

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

- ◆ For more information, please call **Earon** at 604-937-6967
- ◆ Refreshments will be provided
- ◆ Please post or pass on this poster

