

Parent & Caregivers' Circle

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

WHEN:
Monday evenings
from 6:30-8:30.
Group begins
January 12 and runs
for 8 weeks until
March 2.

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



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