

# Parent & Caregivers' Circle

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



## WHEN:

Wednesday evenings 6:30 – 8:30pm

Group begins

Wednesday October 17, 2018  
and runs for eight sessions until  
Wednesday December 5, 2018

## 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)