

**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

**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