

# 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