

# Parent & Caregiver's Circle

Drop In education and support for parents and caregivers who are concerned about their youth and substance use.

## **WHEN:**

Wednesday evenings from 6:30-8:30.

Group begins April 17, 2019 and will run for 9 weeks until June 12, 2019. This is a drop-in group – parents/caregivers can join anytime.

## **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. Each week there will be a different topic to discuss. Come for all 9 weeks or come when you can. Topics include: Adolescent development, continuum of substance use, stages of changes, attachment and connection, effective communication, boundaries and limit setting, managing conflict, self-care and more.**

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