



# Parenting Without Power Struggles

## HELPING PARENTS AND PRETEENS GROW TOGETHER

The Boys and Girls Clubs of Canada – Parenting Without Power Struggles program is a 10-week education and group support program for parents of preteens. This is a brief overview of the Parenting Without Power Struggles program.

### THE PROGRAM OUTCOMES ARE:

1. Build family relationships
  - . Parent/Child
  - . Parent/Parent
  - . Child/Child
2. Increased capacity for parental self-care
3. Sense of connectedness through education/support model
4. Increased use of parenting skills
5. Increased connection to community resources
6. Increased understanding of adolescent development

The program uses a strengths-based approach that focuses upon respectful communication and relationship/attachment based tools.

### THE CURRICULUM WILL COVER THE FOLLOWING AREAS:

1. Parenting and Families
2. The Tasks of Adolescence
3. The Tasks of Parenting
4. Self-Care
5. Values and Perceptions
6. Life Lists
7. Effective Communication
8. Boundaries
9. Moving Towards Independence
10. Moving Towards Adolescence

For more information, please contact  
Boys and Girls Club Services of Greater Victoria.  
Mike or Miriam  
[parentingprograms@bgcvcic.org](mailto:parentingprograms@bgcvcic.org)  
(250)384-9133 ext 222



Boys & Girls Club  
Services of Greater Victoria  
A good place to be

# Parents in the Know

## HELPING PARENTS AND TEENS GROW TOGETHER

The Boys and Girls Clubs of Canada – Parents in the Know program is a 10-week education and group support program for parents of teens who are feeling challenged in their parenting. This is a brief overview of the Parents in the Know program.

### COMING TO A GROUP

Many parents feel unsure about attending a parenting group. Parenting is a very personal experience and it can be difficult to come to a group and share our personal stories. Know that you will never have to share anything you are uncomfortable with and that confidentiality is imperative within Parents in the Know.

Parents in the Know is a place to come and explore your parenting, learn about adolescent development, learn how to better communicate with your teen, and how to take care of your own needs while parenting a teen.

### THE CURRICULUM WILL COVER THE FOLLOWING AREAS:

Note: PITK uses local guest speakers to further connect parents to their community.

1. Introduction and Parents in the Know concepts
2. Communication
3. Adolescent Development
4. Boundaries
5. Taking Responsibility for Our Lives
6. Exploring Our Parenting (and Teen Sexuality)
7. Adolescent Mental Health
8. Substance Use and Teens
9. Living With Our Teen
10. The Path Ahead

For more information please contact, Mike Schmalz/Miriam Miller at 250-384-9133 ext.222  
[mschmalz@bgcvc.org](mailto:mschmalz@bgcvc.org) or [mmiller@bgcvc.org](mailto:mmiller@bgcvc.org)