

# PARENTING PROGRAMS

A Boys and Girls Clubs of Canada Program

Would you like to feel better prepared for adolescence?

**JOIN US TO:**

**Learn about what to expect in the teen years**

**Receive support from other parents**

**Boost your confidence as a parent**

Boys and Girls Clubs of Canada - Parenting Programs offer practical support ideas, in a safe, confidential environment for parents of teens.

The program offers parents of teens information on:  
BRAIN DEVELOPMENT | TEMPERAMENT | SELF-CARE | BOUNDARIES  
COMMUNICATION | DEVELOPMENTAL TASKS | RESPECT | EMPATHY | RELATIONSHIPS

- WHERE:** Bayside Middle School, 1101 Newton Pl, Brentwood Bay,
- DATE/TIME:** BC Thursdays, 6:30-8:30pm, April 27th-June 22nd (8 weeks)
- COSTS:** \$25/person or \$45/couple plus \$20 for program book/additional material Subsidies Available – Please Inquire
- REGISTRATION:** Must pre-register as minimum seating is available (max.15 participants)



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

**For more information/registration please contact:**

P: 250-384-9133 ext. 222

C: 250-217-4929

E: [parentingprograms@bgcvc.org](mailto:parentingprograms@bgcvc.org)

A full description of Parenting Programs can be found at: [www.bgcvc.org](http://www.bgcvc.org)

## We Understand

BGCC - Parenting Programs were developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region. Funding is generously provided by the Ministry of Children and Family Development.