



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
(250)384-9133 ext 222