

PARENTING WITHOUT POWER STRUGGLES

PARENTING A PRETEEN?

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

***Parenting Without Power Struggles
offers parents information on:***

**BRAIN DEVELOPMENT | TEMPERAMENT | SELF-CARE | BOUNDARIES
COMMUNICATION | DEVELOPMENTAL TASKS | RESPECT | EMPATHY**

LOCATION: Friendship Community Church - 7820 Central Saanich Rd.

DATE: Tuesdays at 9:30am-11:30am; January 9th, 2018 for 10 weeks

COSTS: \$45/person, Subsidies Available (please inquire)

REGISTRATION: Must pre-register (Maximum 15 participants)

CONTACT: Mike or Miriam at (250) 384-9133 ext 222 or parentingprograms@bgcvc.org