

# PARENTING WITHOUT POWER STRUGGLES

## PARENTING A PRETEEN?

Would you like to feel better prepared for adolescence?

**JOIN BGCVIC TO:**

Learn about what to expect in the teen years

Receive support from other parents

Boost your confidence as a parent



Boys & Girls Club  
of Greater Victoria

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

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

**LOCATION:** Brentwood Bay - 7162 W Saanich Rd (Norgaard Centre)

**DATE:** Wednesdays 6:30-8:30pm

October 16th for 10 weeks

**COSTS:** \$60/person, \$90/family - Subsidies available

**REGISTRATION:** Must pre-register (Maximum 15 participants)

**CONTACT:** Miriam at (250) 384-9133 ext 222 or [parentingprograms@bgcvic.org](mailto:parentingprograms@bgcvic.org)

Parenting Without Power Struggles was developed by staff and parents throughout BC and is administered under the auspices of Boys and Girls Clubs of Canada - Pacific Region. Funding for this program is generously provided by the Ministry of Children and Family Development.