

Parent/Teen Turning Points

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**FREE** Group for Parents/Caregivers of Teens Involved With Substances

Tuesdays beginning February 21st 5:30-7:00 pm

Location: Earl Marriott Secondary School – Library

Dates: February 21, 28, March 7, 28, April 4, 11 & 18

A safe, confidential space for caregivers to come together to share, explore and learn about:

* Understanding Substance Use
* Adolescent Development
* Communication
* Boundaries
* Crisis Management
* Resilience – its importance and how it develops
* Self-Care
* Youth/Adult Connection

**Register:** 604-538-2522 or suservices@sourcesbc.ca

Each participant will receive a “Recognizing Resilience” Workbook