



Recognizing Resilience:

A Group for Parents of Teens Involved With Substances

Thursday 6:00-7:30

October 13 - November 24, 2016

If you are struggling with what to do with your love and concern for your teenaged child who is using substance, step off the roller coaster and find helpful support.

This is a safe, confidential space for caregivers to share, explore and learn about:

- Adolescent development and ideas about what helps and hinders
- The concept of RESILIENCE and what builds it
- Why youth may begin or continue to maintain relationships with substances
- How to enhance relationships between caregivers and teens
- Values, beliefs and feelings about substances, substance use and parenting
- Strategies to consider when exploring boundaries and imparting consequences with teens

Register: 604-538-2522 or email us at suservices@sourcesbc.ca