



Boys & Girls Club
Services of Greater Victoria
A good place to be

Parenting Programs
Winter 2014

Parenting Without Power Struggles Workshops

HELPING PARENTS AND PRETEENS GROW TOGETHER

Would you like the opportunity to strengthen your relationship with your preteen while increasing your parenting knowledge and confidence in a non-judgemental group setting?

The Boys and Girls Clubs of Canada – Parenting Without Power Struggles Workshops offers practical ideas, skill development and group support in a safe, confidential environment for parents of teens.

PARENTING WITHOUT POWER STRUGGLES WORKSHOPS

- TOPIC/DATE: WEEK ONE** **Parenting an Emerging Adolescent**
Explore adolescent development and parents' changing roles
Thursday, January 30th, 2014 (6:30-8:45pm)
- WEEK TWO** **Self-Care and Self-Understanding**
Learn about temperament traits and the importance of self-care
Saturday, February 15th, 2014 (9:30-11:45am)
- WHERE:** **St. Peter's Anglican Church Lakehill, 3939 St. Peter's Rd., Victoria**
- SUGGESTED COSTS:** **\$15/person/workshop - Community Members**
\$10/person/workshop - Boys and Girls Club participants/families
Subsidies Available - Please Inquire
- REGISTRATION:** **Must pre-register as minimum seating available**
- OTHER INFORMATION:** **Childminding provided at both workshops**
Space and childminding generously donated by the Anglican Diocese of BC

FOR MORE INFORMATION/REGISTRATION CALL

Jan Townsend at 250.217.4929
or email: jtownsend@bgcvc.org

A full description of Parenting Programs offerings can be found at:
www.bgcvc.org



Boys & Girls Clubs of Canada
Clubs Garçons et Filles du Canada

Supporting Parents In Raising Their Families

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United Way
Greater Victoria