

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**

COSTS: \$25/person plus \$15 for program book/additional material
Subsidies Available – Please Inquire

REGISTRATION: Must pre-register

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

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