

The Capacity Café: an evening for Lord Byng and UHill parents

Do you wonder about today's youth culture? Come for dinner and hear from the experts – Vancouver's youth! Students volunteer to share their life experiences in order to help us understand our own teens better. Learn about:

- the stresses & pressure youth face
- what works (or doesn't) to support teens
- what real youth think and feel

Join us for a light dinner and a powerful evening!

The Capacity Café is an evening for adults, please leave your own teens at home

Date: Thursday May 17 2018

Place: Library

Time: 6:15 – 9:00 pm

** No arrivals after 6:40, please **

Capacity café seating is limited. Byng and U Hill parents register at

www.ccbying.eventbrite.ca

District wide workshops for all parents: register: www.SACY.eventbrite.ca

Building Bridges with your Teen (parenting through grade 8 & beyond)

Hosted by Lord Byng Secondary. Join us to discuss the changes of adolescence (much more than changing bodies), new roles for parents and youth, and the entire family's transition through the teen years. We will talk about how to support our teens as they develop into capable young people. We'll consider:

- What's typical, what's not
- Why communication matters and strategies to use
- Give support, Get support

Date: Thursday May 24 2018

Place: Lord Byng library

Arrive: 6:45 (Coffee, tea & treats)

Workshop: 7:00 – 9:00 pm