

Parents & caregivers of grade 7s!
Come and talk about parenting as the teen years progress... and ways to support healthy development.

Building Bridges with your Teen

- Want to have more fun with your teen or pre-teen?
- Do you wonder: what is the parent role in high school?
- Looking for ways to strengthen your connection?
- Want practical ways to reduce tension & increase understanding?

The teenage years (and high school) bring change for the whole family. We'll explore brain changes and the science behind teen behaviour. We'll look at ways to keep your sense of humour and your patience. Hear from others and share your insights and take away some practical approaches to add to your parent toolkit.

Understanding the changes of adolescence can help you support your child throughout the high school years.

Building Bridges with your Teen: a night for parents Choose from locations and dates below:

All workshops from 7:00 – 9:00 pm.
Please arrive a few minutes early to get refreshments and sign in.

January 18 2017	Britannia Secondary
February 1 2017	Prince of Wales Secondary
February 22 2017	Windermere Secondary
February 23 2017	Vancouver Technical Secondary
March 8 2017	Kitsilano Secondary

Special sessions in:

Mandarin:	Feb 28 2017 at Prince of Wales Secondary
Cantonese:	March 9 2017 at David Thompson Secondary
Punjabi:	Feb 28 2017 at John Oliver Secondary
Farsi:	April 19 & 26 2017 at King George

Limited seating!
Please register:
Email Alexandra:
ajwilson@vsb.bc.ca
Or call: 604-713-6000
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