

- Want to have more fun and strengthen your connection with your teen?
- Could you use some new strategies for setting boundaries as your youth matures?
- Are you looking for tips on how to improve communication with your teen?

*SACY offers casual, friendly & supportive workshops across Vancouver.  
Please join us. We have cookies.*

### Building Bridges with your Teen\*

We'll look at brain changes and the science behind teen behaviour. We'll explore communication strategies that increase understanding and can reduce tension at home. Come to share your insights, and together we'll explore practical ways to support healthy decision-making and developing capable young people.

Feb 20 2018 .....	King George Secondary .....	7 – 9 pm
Mar 13 2018 .....	Vancouver Technical Secondary .....	7 – 9 pm
May 24 2018 .....	Lord Byng Secondary .....	7 – 9 pm

\*parents of grade 7 & 8 students may find this helpful in supporting transition

### SACY Adult Toolkit: understanding youth & substance use

Join us for a friendly, non-judgmental evening for caregivers. Add to your skills & knowledge about teens, alcohol & cannabis, and clarify risks and protective strategies during a risky time in our community. We'll review practical information on teen development and ways to support teens' healthy decision-making.

March 8 2018	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm
May 31 2018	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm

(portable on the corner of Prince Edward St and East 23<sup>rd</sup>)

Seating is limited. Please register on eventbrite:  
[www.SACY.eventbrite.ca](http://www.SACY.eventbrite.ca)