

Invitation to Parents and Caregivers: join Britannia PAC & SACY

TEENS, TECHNOLOGY & PARENTING

We'll review the use of internet and technology among youth (and adults), explore the idea of cyber-addiction vs. compulsion, and the role that parents play in modeling balanced lifestyles. We'll consider:

- What's going on with internet use? How much is too much?
- Ways to set boundaries around technology
- What does a balanced lifestyle look like for teens? For parents?

Date: Thursday October 5 2017

Place: Britannia Secondary: 1001 Cotton St (enter under skywalk)

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

Workshop: 7:00 – 9:00pm

Register: <https://www.eventbrite.ca/e/teens-technology-parenting-tickets-38124666905>



BUILDING BRIDGES WITH YOUR TEEN

(parenting through grade 8 & beyond)

We'll 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'll consider:

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

Date: Thursday February 1 2018

Place: Britannia Secondary: 1001 Cotton St (enter under skywalk)

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

Workshop: 7:00 – 9:00pm

Register: <https://www.eventbrite.com/e/building-bridges-with-your-teenparenting-through-grade-8-beyond-tickets-38133542452>

Please pre-register. Seating is limited:

Email Tiffany.wu@vch.ca

Or call: 604-713-6000, ex 2588