

Invitation to Parents and Caregivers: join us at ...

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: Tuesday March 13 2018

Place: Van Tech Library Secondary cafeteria

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

Workshop: 7:00 – 9:00 pm

Seating is limited. Please register on eventbrite:

www.SACY.eventbrite.ca

For Vancouver Technical Secondary parents: The Capacity Café

Do you wonder about today's youth culture?

Come for dinner and hear from the experts – Vancouver's youth! Join with students who 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 April 26 2018

Place: Van Tech Library

Arrive: 6:00 - 9:00 pm

** No arrivals accepted after 6:45**

Limited seating. Van Tech caregivers
register on eventbrite:

www.cctech.eventbrite.ca