



SACY Parent & Family Stream

Parent & Family staff work with schools and families to support what we're all doing: staying connected with youth and supporting their healthy social, emotional & physical development.

- Do you want have more fun with your teen?
- Looking for new ways to strengthen the connection between you?
- Do you want some tips to foster better communication between you and your teen?
- Support your teen to benefit from healthy connection to family, school and community?

Activities & Supports:

- Workshops for parents & caregivers, such as:
 - understanding adolescent development
 - the changing parent-child relationship
 - core communication skills for families
- Capacity Cafes: bringing youth and adults together to listen to youth speak openly about their lives and experiences
- Presentations for PAC meetings
- Multi-cultural workshops (interpretation)
- Supporting Grade 7 to 8 transition for families
- Caregiver support: feel more confident & less stressed in parenting teens
- Caregiver referrals to community services: parent support groups, education series, counselling, family mediation, etc.

If you are a parent or caregiver of a teen and want more information on supports for families and youth, please contact the parent engagement staff member for your school:

www.vsb.bc.ca/Student_Support/SACY_Substance_Use_Health_Promotion/Pages/Contacts.aspx