

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:

Please arrive a few minutes early to get refreshments and sign in.

November 24 2016	Templeton Secondary	7:00 – 9:00 pm
November 29 2016	Tupper Secondary	7:00 – 9:00 pm
February 23 2017	Van Tech Secondary	7:00 – 9:00 pm

More dates available on the SACY website: www.vsb.bc.ca/SACY

Limited seating! Please register:

Email Alexandra: ajwilson@vsb.bc.ca
Or call: 604-713-6000 mailbox 2588

Child-minding subsidy may available by request