

PARENTS TOGETHER

10 week series - Saturdays Starting February 15

Designed for parents of preteens and teens who want to build confidence, gain new skills, and deepen their understanding of adolescence.

What to Expect:

- ✓ Practical strategies for effective communication
- ✓ Guidance on setting healthy boundaries
- ✓ Insights on teen mental health and substance use
- ✓ Expert guest speakers & community resources
- ✓ A supportive space to share experiences
- ✓ Empower yourself with the tools to support your teen through these transformative years!



Every Saturday starting
February 15 - April 26
1pm-3pm



666, rue Woodland,
Verdun H4H 1V8



Free



514-767-9967 ext 235 for
more information



[HTTPS://TINYURL.COM/YOUTHPAR
ENTWORKSHOPBGCDAWSON](https://tinyurl.com/youthparentworkshopbgcdawson)

or contact Members
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