



Boys & Girls Club
 Services of Greater Victoria
 A good place to be

PARENTING PROGRAMS WINTER/SPRING 2015

EVENING COMMUNITY WORKSHOPS Boys & Girls Club Services of Greater Victoria 3rd Floor, 1195 Esquimalt Road, Esquimalt - New Location!

Boys & Girls Club Services of Greater Victoria, Parenting Programs, present workshops for:
 Parents & Caregivers of Children and Youth, age 8-18.

Bullying Can Be Changed to Belonging

In this workshop, we will define bullying behaviours, and will explore the signs to look for if your child / youth is being bullied, has observed a bullying experience, or perhaps, may be the bully. We will discuss strategies and practical tools that will help you to strengthen your relationship with your child / youth, and to ensure they know that your presence as a caring adult / advocate will help them thrive and increase their sense of belonging everywhere!

Wednesday	6:30 – 8:30pm	Feb 11	1/\$15
-----------	---------------	--------	--------

Strengthening Resilience & Attachment in Families

Discover key components and skills to manage stress and challenges; learn how to reinforce connection between you and your child / youth while still providing support needed for our child / youth's developing independence!

Wednesday	6:30 – 8:30pm	April 8	1/\$15
-----------	---------------	---------	--------

Are They Talking? Are You Listening?

Join the conversation about 'Connecting Through Communication' with your child / youth. What are the key components to continue building on the strong attachment based relationship you have created with your children? Let's talk and listen to understand with compassionate communication!

Wednesday	6:30 – 8:30pm	May 6	1/\$15
-----------	---------------	-------	--------

Registration: Boys & Girls Club Services of Greater Victoria
 Reception – 250.384.9133; ext 0
 Subsidies are Available – Please Inquire
 ** Must pre-register as seating is limited! **

SUPPORTING PARENTS IN RAISING THEIR FAMILIES HELPING PARENTS AND YOUTH GROW TOGETHER



Funding for Parenting Programs Evening Community Workshops is supported by United Way of Greater Victoria.

For more information:
 Jan Townsend - 250.217.4929 | jtownsend@bgcvc.org
 A full description of Parenting Programs offerings can be found on our Website:
www.bgcvc.org