



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

## PARENTING PROGRAMS WINTER/SPRING 2015

### EVENING COMMUNITY WORKSHOPS

**Ecole Bayside Middle School  
 1101 Newton Place, Brentwood Bay**

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

#### Parenting Our Emerging Pre-Teen

Wondering if/how your role as parent might be changing as your child moves toward adolescence, experiences puberty, etc? Would you like the opportunity to strengthen your relationship with your child / youth? Join us as we explore our changing role as parents of children becoming young teens! Let's take a look at the adolescent process and how this may affect the choices and behaviours our pre-teen's exhibit.

Wednesday                      6:30 – 8:30pm                      Feb 4                      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                      Mar 4                      1/\$15

#### Parenting in a Digital Age!

The internet and electronic devices are part of your daily lives. How do you keep your child / youth healthy and safe as they navigate this rapidly changing world, attempt to stay current yourselves, and still spend 'quality' time with your child / youth? Let's discuss this complex issue and develop practical approaches!

Wednesday                      6:30 – 8:30pm                      Apr 1                      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](http://www.bgcvc.org)