



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

PARENTING PROGRAMS WINTER/SPRING 2015

EVENING COMMUNITY WORKSHOPS

Greenglade Community Centre
2151 Lannon Way, Sidney

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

Step Parenting – Blending Families for Today

What is life really like in a stepfamily? Would you like the opportunity to understand and strengthen your relationships within your blended family? Making those connections within the stepfamily can help with all family issues. What can you do to promote building relationships? Lots of tips and tools to increase your attachment with each child / youth!

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|-----------|---------------|--------|--------|
| Wednesday | 6:30 – 8:30pm | Jan 21 | 1/\$15 |
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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!

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| Wednesday | 6:30 – 8:30pm | Feb 18 | 1/\$15 |
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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!

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| Wednesday | 6:30 – 8:30pm | Apr 15 | 1/\$15 |
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Summertime Strategies

Let's discuss some of the challenges of your child / youth transitioning from school schedule to summertime; how temperaments, or each person's nature, may affect those transitions / negotiating of new boundaries; and when your child / youth is in a "state of readiness" for new responsibilities!

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|-----------|---------------|--------|--------|
| Wednesday | 6:30 – 8:30pm | May 20 | 1/\$15 |
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Registration: **Panorama Recreation Centre**
250-656-7271 or www.crd.bc.ca/panorama/
**** 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:
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 A full description of Parenting Programs offerings can be found on our Website:
www.bgcvic.org