



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

PARENTING PROGRAMS WINTER 2013

CONNECT PARENT PROGRAM

An Attachment Based Program to Support Parents & Caregivers

Boys & Girls Club Services of Greater Victoria and James Bay Community Project are pleased to offer a 9 week program to support parents and caregivers of teens with behavioural and emotional challenges.

These challenges can include feelings of anger and aggression; feelings of depression and confusion; conflict with parents and teachers; and getting into trouble with friends. Connect Parent Program was developed specifically for parents and caregivers of teens who are struggling with these issues.

What Parents Say*:

- “Changes in the relationship are slow but well worth it, and the growth is incredible.”
- “...feel very positive and my confidence in myself as a parent has increased tenfold.”
- 97% of parents felt better equipped to understand their child
- 95% of parents felt better equipped to understand themselves as a parent
- 86% of parents noted a positive change in their relationship with their child as a result of applying what they learned

**Moretti & Obsuth, 2009*

CONNECT PARENT PROGRAM For parents / caregivers of teens, age 13-19

- Where:** Boys & Girls Club Services of Greater Victoria
 1240 Yates Street, Victoria
- When:**
- | | | |
|---------------------------|--|--------------------|
| Wed Jan 09: | 6:30pm-8:30pm – Intro + Session 1 | 2 hours |
| Wed Jan 16-Feb 27: | 6:30pm-7:30pm – Sessions 2 – 8 | 1 hour each |
| Wed Mar 06: | 6:30pm-8:30pm – Session 9 + 10 | 2 hours |
- Cost:** No cost
- Registration:** **Must pre-register** as minimum seating available

HELPING PARENTS AND YOUTH GROW TOGETHER

Connect Parent Program is partially funded locally by United Way of Greater Victoria.

For information/registration:
 Jan Townsend – 250.217.4929 | jtownsend@bgcvc.org
 or
 Janessa Bate – 250.415.7721 | jbate@jbcv.bc.ca

