

PARENTING POWER

LEARN HOW TO COPE AT THE END OF YOUR ROPE

**ARE YOU FEELING OVERWHELMED BY
YOUR CHILD OR TEEN'S MENTAL HEALTH
&/OR SUBSTANCE USE CHALLENGES?**



This is a FREE GROUP
We will meet at 7PM once a week
for 10 sessions June - August
Choose a Surrey or Langley location

HIGHLIGHTS INCLUDE

- LEARNING TO REDUCE STRESS
- FINDING MUTUAL SUPPORT
- GAINING SKILLS FOR MOTIVATING BEHAVIOUR CHANGE



SPACE IS LIMITED. SAVE YOUR PLACE TODAY.

604-581-2211 > 772111 OR EMAIL:

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PRESENTED BY
START



**Crisis Mental Health Services for
Children, Teens & Their Families**