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Two free Workshops for
BRITANNIA area parents
& Caregivers

CONNECTION IS PREVENTION

Building Bridges with your Teen:

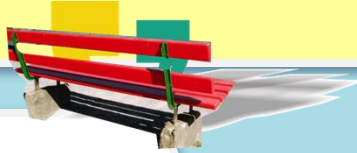
Let's talk about teen changes—what we've heard, seen or lived with—and find out what science can tell us. We'll explore communication strategies to reduce tension and increase understanding, and ways parents support healthy development in youth. Join in the conversation on our changing roles as our teens mature.

- Practical ideas for setting appropriate limits
- What's typical, what's not in the teenage years
- Communication strategies that work

Date: Wednesday January 18th, 2017

Place: Britannia Staff room

Arrive: 6:45 (Coffee, tea & treats)



CAPACITY CAFE

Wondering about today's youth culture? Come for dinner and hear from the experts – Vancouver's youth! Volunteer youth share with us:

- the stresses & pressure youth face
- what works (or doesn't) to support teens
- what real youth think and feel

Date: Thursday April 6, 2017

Place: Britannia Staff Room

Registration: 6:00 (Light dinner, coffee, tea)

Workshop: 6:30 – 8:30pm

Limited Seating, please register



**Childcare available by
registration! Please call.**

Limited Seating!

**Please register in advance
by leaving a message at
604.713.6000 ex. 2588**

**Email:
Kristin.kowalko@vch.ca**