



“EMPOWERING FAMILIES”

Discovery Youth & Family Substance Use Services

Is offering a six-week supportive & interactive discussion group for parents and caregivers of teens. **Empowering Families** provides opportunities to learn more skills, increase understanding, and move from a focus of “what’s going wrong” to “what’s going well” in relationships with teens.

Some Topics Include:

- Strengthening relationships
- Adolescent development
- Communication skills
- Risky behavior
- Boundary setting

When?

February 5, 12, 19 & 26th
March 5 & 12th
6 Consecutive Thursdays
Time: 5-7pm

Where?

Esquimalt Health Unit
530 Fraser Street– 2nd Floor

**To Register call Discovery Youth & Family Substance Use Services
250.519.5313**

Registration for this group is free as is the book ‘Positive Discipline for Teenagers’ that we ask you pick up at our reception desk prior to attending the first group