



Boys & Girls Clubs
of Greater Vancouver
A good place to be

Parents Together

Parents Together is a mutual help and support program for **parents of teens** who want to develop new skills that will help to end the conflict in their homes. Participants learn effective strategies to improve relationships, develop positive communication skills, discover the importance of self-care, and regain control of their lives.

Weekly group meetings are facilitated and structured so that the issues of most concern to the parents in the group are discussed and problem-solved. Parents learn from each other, support each other, and celebrate their successes together.

Parents Together offers:

- Practical problem-solving ideas and plans that fit for you and your family
- Respect and confidentiality
- Support from other parents who really understand
- Encouragement from learning of the success of others
- Hope from finding out you are not alone

All Parents Together groups are structured so that the first part of the meeting is led by a trained facilitator and a specific topic is covered. After a break, the group divides into smaller groups to focus on individual problem-solving strategies.

The emphasis is on sharing, supporting, and problem-solving. Many parents find this mutual support ends the isolation and sense of loneliness they had experienced. They discover they are no longer alone. In fact, some participants have felt motivated to volunteer as "mentors" to other group members long after their own problems have been resolved.

The Parents Together program helps parents to explore ways to improve communication skills, resolve conflicts, build positive relationships, and get a better understanding of natural family transitions.

Parents can access the program by calling the Lower Mainland office at

604-325-0556