

**If you are a parent and are struggling with your teen -**

*Come join us for*

# HOPE GROUP

An educational/support group for parents of teens

**Weekly Meetings: Monday's 7:00 – 8:30 p.m.**

**Beginning Monday November 14, 2016**

## **Sample Topics:**

- How viewing adolescence as a bridge can be helpful
- Understanding our teen's and our own thoughts, feelings and behaviours
- The importance of a village in supporting us and our teen
- Developing and implementing guidelines for handling incidents

***at the Catholic Family Development Centre***

**380 Dufferin Street (Corner of Banning Street)**

**For more information or to register contact:**

**Dan at 345-7323**

**Registration is Free**



**United Way**  
Thunder Bay