

- Want to have more fun and strengthen your connection with your teen?
- Could you use some new strategies for setting boundaries as your youth matures?
- Are you looking for tips on how to improve communication with your teen?

*SACY offers casual, friendly & supportive workshops across Vancouver.  
Please join us. We have cookies.*

## Workshops for parents & caregivers of teens

### 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.

<b>January 18 2017:</b>	Britannia Secondary	7:00 – 9:00 pm
<b>February 1 2017:</b>	Prince of Wales Secondary	7:00 – 9:00 pm
<b>February 7 2017:</b>	David Thompson	7:00 – 9:00 pm
<b>February 22 2017:</b>	Windermere Secondary	7:00 – 9:00 pm
<b>February 23 2017:</b>	Van Tech Secondary	7:00 – 9:00 pm
<b>February 28 2017:</b>	Prince of Wales Secondary	(for Mandarin speakers)
<b>February 28 2017:</b>	John Oliver Secondary	(for Punjabi speakers)

### SACY Adult Toolkit

Add to your skills & knowledge about teens, alcohol & cannabis. Join us for a friendly, non-judgmental evening for caregivers. Practical information on alcohol and marijuana, teen development, and helping teens make healthy decisions.

<b>March 7 2017</b>	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm
<b>May 25 2017</b>	SACY STEP Portable @ Tupper Secondary	6:30 – 8:30 pm

### Capacity Café

Learn about today's youth culture from youth themselves. Students volunteer to share their life experiences in order to help us as parents to understand our teens better. Join us for a light dinner and a powerful evening!

Limited seating: Capacity Café attendees MUST Pre-register.

Please attend the capacity Café at your home school

<b>February 2 2017:</b>	Tupper Secondary	6:00 pm – 8:30 pm
<b>February 16 2017:</b>	Templeton Secondary	6:00 pm – 8:30 pm
<b>February 23 2017:</b>	John Oliver Secondary	6:00 pm – 8:30 pm

For information or to register:

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Or leave a message at:  
604-713-6000 mailbox 2588