

Community supports for parents & caregivers

(contact your SACY youth worker for student supports)

Caregivers concerned with partying, substance use, keeping youth healthy and safe should be referred to the SACY parent support worker at your school (https://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/Pages/Contacts.aspx).

For other parenting concerns:

| Caregiver concern: | Community support: |
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| <p>Parenting teens <i>Such as communication strategies, reduce tension, strengthen relationship or information on parenting</i></p> | <ul style="list-style-type: none"> SACY workshops https://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/parents-caregivers/workshops/Pages/default.aspx across the district In the Know Webinar program library: www.familysmart.ca/programs/in-the-know (100s of topics: ADHD, Teen development, mental health, substances, internet, and more) |
| <p>What may (or may not) be more extreme teen behaviours. <i>Such as home conflict, parties, substance use, missing curfew, defiance, school attendance, excess internet use, etc.</i></p> | <ul style="list-style-type: none"> *Parents Together: weekly education & support group 604-325-0556 or parentstogether@bgc-gv.bc.ca or visit www.bgccan.com (English, Vietnamese, Punjabi) Connect Parent Group: 9 week psychoeducational program based in attachment theory. <i>School counsellor must refer parent.</i> Contact Alexandra Wilson (ajwilson@vsb.bc.ca) *Parent Support Circles (multiple language groups available): www.parentsupportbc.ca |
| <p>Challenges in family relationships <i>Such as parent-teen conflict, avoidance or distance in the relationship</i></p> <p>Refer to the parenting support groups above, as well as these counselling services</p> | <ul style="list-style-type: none"> *South Vancouver Youth Centre: family counselling, parent groups, parent-teen mediation in English and Chinese languages. call: (604) 582-1811 or www.milieu.ca *Family Services of Greater Vancouver: counselling, parenting, mediation in other languages. 604-874-2938. www.fsgv.ca *Moving Forward Family Services: affordable services in a safe environment www.movingforwardfamilyservices.com 778-321-3054 |



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A partnership initiative of the
 VANCOUVER SCHOOL BOARD
 Vancouver Coastal Health

* organizations with services also available in languages other than English.

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| <p>Teen partying or substance use. <i>From curiosity and experimentation to chronic use to addiction.</i></p> | <ul style="list-style-type: none"> • Contact SACY parent support at your school: see above or (https://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/Pages/Contacts.aspx) • SACY Adult Toolkit: health literacy, youth & substances https://www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/parents-caregivers/workshops/Pages/default.aspx • VCH Ed Series: Free 6 part series Ravensong Community Health Clinic 604-872-8441 |
| <p>Teen mental health. <i>From disordered eating, excessive internet use, anxiety, depression, self-harm, etc.</i></p> | <ul style="list-style-type: none"> • Kelty Mental Health Resource Centre: 604-875-2084 www.keltymentalhealth.ca • Familysmart.ca & Parent In Residence: www.familysmart.ca . Vancouver Parent In Residence parenting support & navigating health system sonya.prasad@familysmart.ca • VCH Child & Youth Mental Health clinicians (counselling or drop-in mental health clinic hours) Central Intake line: 604-675-3895 www.vch.ca |
| <p>Teen excessive internet use, gaming, social media concerns.</p> | <ul style="list-style-type: none"> • *BC gambling & gaming prevention: www.bcreponsiblegambling.ca • Safe Online Outreach Society: www.safeonline.ca • In the Know webinar programs (see first box, above) |

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