

Community supports for parents & caregivers

(contact your SACY youth worker for student supports)

Caregivers concerned with partying, substance use, keeping youth healthy and safe, please contact the SACY parent support.

For other parenting concerns:

Caregiver concern:	Community support:
<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 www.vsb.bc.ca/sacy 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) 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
<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 www.vsb.bc.ca/SACY 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
<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 . <i>Vancouver Parent In Residence</i> 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)