

Safe & Supported: Parenting in the Teen Years

Facilitated by
Bruce Somers;
Organized by
Headway



The group will meet
weekly on Tuesdays:

- October 8th, 15th, 22nd,
29th, and November 5th
- 6:30pm-8:30pm
- Clearspring Middle School
- 1 Brighton Lane, Steinbach

Join our group!

To register, email Heidi at
heidi.falkercmp-grc.gc.ca
or call 204.905.3685

*No cost

Topics include:

- Balancing holding tight
with allowing freedom
- Strategies to improve your
teen's decision-making and
problem-solving skills
- How to communicate so
you both feel heard
- Attachment and
parenting styles
- Roadblocks
- Restored relationships