

Westcoast Family Centres contribute to the healthy development of children by providing services to strengthen the relationships between children and families and between families and their communities.



Westcoast
Family Centres

BUILDING BLOCKS FOR BETTER LIVES

Groups & Workshops

VANCOUVER-FALL 2016



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Family Centres

BUILDING BLOCKS FOR BETTER LIVES

MAPLE RIDGE	TRI-CITIES
NORTH SHORE	VANCOUVER



Ministry of
Children and Family
Development

REFERRAL & INFORMATION
604.254.5457 / EXT 238

Parenting Groups & Workshops offer an opportunity to connect with other parents and develop stronger parenting skills. Child-minding, coffee and snacks are also available.

Family Days North

September 8, 2016-ongoing
Thursdays 10:00 am–2:00 pm

Join us for our interactive parenting education program:

- + Learn about your child's ages and stages of development
- +Strengthen your parenting skills
- +Watch and participate in preparing healthy meals/snacks
- +Park outings
- +Speakers, discussions and video presentations.

Coffee, snacks and nutritious lunch provided.

Triple P Parenting

September 13, 2016-November 1,2016
Tuesdays 10:00-am 12:00 pm

Join us for this new evidenced-based parenting program.

Triple P Parenting is for parents with children 3-8 years.
Five group sessions plus 2 coaching phone calls to your home.

The program gives you the tools to:

- + Encourage behaviour you like from your child.
- + Deal positively and consistently with problem behaviour.
- + Take the stress out of parenting.

Coffee and snacks
Child-minding available.

Anger & Stress Management for Parents

November 8, 2016-December 13, 2016
Tuesdays 5:30–8:00 pm

Topics covered include:

- + Explore how anger affects the body, mind and behaviour
- + Looking at the anger cycle and how to manage stress
- + Understanding anger in our relationships with our children
- + Learning to express and control anger in healthy ways

5:30 pm

Light dinner provided for families.
Child-minding available.

Making a Referral

For more information or to make a referral, please contact
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