



Boys & Girls Club  
Services of Greater Victoria  
A good place to be

# Parents in the Know

## HELPING PARENTS AND TEENS GROW TOGETHER

The Boys and Girls Clubs of Canada – Parents in the Know program is a 10-week education and group support program for parents of teens who are feeling challenged in their parenting. This is a brief overview of the Parents in the Know program.

### COMING TO A GROUP

Many parents feel unsure about attending a parenting group. Parenting is a very personal experience and it can be difficult to come to a group and share our personal stories. Know that you will never have to share anything you are uncomfortable with and that confidentiality is imperative within Parents in the Know.

Parents in the Know is a place to come and explore your parenting, learn about adolescent development, learn how to better communicate with your teen, and how to take care of your own needs while parenting a teen.

### THE CURRICULUM WILL COVER THE FOLLOWING AREAS:

Note: PITK uses local guest speakers to further connect parents to their community.

1. Introduction and Parents in the Know concepts
2. Communication
3. Adolescent Development
4. Boundaries
5. Taking Responsibility for Our Lives
6. Exploring Our Parenting (and Teen Sexuality)
7. Adolescent Mental Health
8. Substance Use and Teens
9. Living With Our Teen
10. The Path Ahead

For more information please contact, Mike Schmalz/Miriam Miller at 250-384-9133 ext.222  
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