



PARENTING TEENS

Mental Health & Your Teenage Children

The teenage years are some of the most challenging and significant years in a person's life.

Join us for this multi-session workshop to focus on mental health issues in youth. You will learn how to better support and understand your child as he or she grows.

This 8-week (Farsi) workshop will be held on Wednesdays, from 4:15 – 6:15 pm, starting on January 24 – March 14, 2018

Space is limited – Register early

To register please contact:

Nazila Safari, nazilas@nsms.ca, 604.988.2931

This program is government funded and free of charge.



Highlights

In this 8-week workshop you will:

- Become familiar with mental health issues for youth
- Learn how to better support and understand your child

This program will be presented in Farsi

Details

**North Shore
Multicultural Society**
207-123 East 15th Street
North Vancouver

**Wednesdays (8 sessions)
January 24 – March 14
4:15 – 6:15 pm**

Tel: 604.988.2931
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www.facebook.com/nsmsbc

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