



## PARENTING TEENS

### A SWIS workshop for Farsi-speaking parents of teenagers

Join us for this 5-session program to learn how you can understand and better support your child as they go through adolescence.

Session 1	Monday, Feb. 4 6 – 8 pm	Needs of newcomer teens; communication for healthy parent-child relationships
Session 2	Tuesday, Feb. 12 6 – 8 pm	Anxiety and what parents can do to support anxious teens
Session 3	Wednesday, Feb. 20 6 – 8 pm	Teenagers & addictions (alcohol, drugs, video-gaming); parenting strategies
Session 4	Tuesday, Feb. 26 6 – 8 pm	Information session and tour of The Foundry, health and wellness center for youth 12-24 (211 West 1 <sup>st</sup> Street, North Vancouver)
Session 5	Wednesday, Mar. 6 6 – 8 pm	Social media sites popular with teens; laws about sexting and cyberbullying & what parents need to know/do

Seating is limited so pre-registration is required. To pre-register, contact:

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*This program is government funded and free of charge.*



## Highlights

In this 5-session workshop you will:

- Share experiences with other immigrant parents
- Understand the needs of & challenges for immigrant teen youths
- Learn about different ways to support healthy parent-child relationships & communication

*This program will be presented in Farsi*

## Details

**Sessions 1, 2, 3, 5**  
North Vancouver School District Office, 5<sup>th</sup> Floor  
2121 Lonsdale Avenue  
North Vancouver, BC

**Session 4**  
Foundry North Shore  
211 West 1<sup>st</sup> Street, North Vancouver

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