

Family Services of the North Shore



Family Support Drop-In Group *A group for women to build resiliency and confidence in themselves as a woman and a mother*

The purpose of this group is to provide a safe place for women to:

- Speak freely about their experiences and daily challenges of being a woman and a parent.
- Gather and feel supported by one another
- Identify and understand their strengths about themselves, their children and about each other.
- Accumulate and share resources and information, and
- Know they are not alone.

Topics are driven by participants and include, but are not limited to:

- Positive Parenting Skills
- Self-Awareness & Self Care
- Understanding the Legal System
- Moving Forward
- Hurdles to Overcome
- Education & Information – Building Resources

Group Details

Dates:	Thursdays
Time:	1:00 – 2:30 pm
Location:	Family Services of the North Shore
Cost:	No fee

Co-Facilitators

Anna Janz – Family Support and Family Preservation Counsellor

Kim LaForest – Family Support Counsellor

To Register/For More Information

Call Anna Janz or Kim LaForest at 604.988.5281, ext. 318

Family Services of the North Shore

203 – 1111 Lonsdale Ave.
North Vancouver, BC V7M 2H4
Phone: 604-988-5281
Fax: 604-988-3961

www.familyservices.bc.ca



FamilyServicesoftheNorthShore



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Counselling. Support. Education.

