

Family Services of the North Shore



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Caring for our community



Surviving Parenthood

A drop-in group for parents

This open drop in group will run weekly for the entire year with breaks during Spring Break and Christmas. It will focus on building specific resiliency skills within parents and on providing support. The more resilient a parent is, the better able they are to build resiliency within their children and the better able they are to handle stresses that come with parenting. Each session will include a topic, provide discussion time related to real life situations and provide time for parents to relate their story to the topic. The ten topics that will rotate during the year are:

1. Progressive muscle relaxation
2. Importance of attachment
3. Gratitude
4. Mindfulness and breathing
5. Emotional identification and expression
6. Importance of humour and fun
7. Problem solving steps
8. Managing the impact of domestic violence on families #1
9. Managing the impact of domestic violence on families #2
10. Making meaning out of adversity

Group Details

- Dates:** Thursdays - ongoing
- Time:** 3:30 p.m. – 5:00 p.m.
- Location:** Family Services of the North Shore
- Facilitators:** Family Preservation Counsellors
- Cost:** No fee

To Register

Drop in group does not require registration. Child-minding may be available, call to inquire at 778.686.6925