

NEW

TBA Start Date

**Group Supervised
Visitation**

We are pleased to offer a unique opportunity for families to visit with their children in a group setting.

To create positive interactions between family members; to promote healthy child development and provide parenting support and education in a supportive environment.



Location:
#104-2780 East Broadway Vancouver

**Group Referrals to:
Anna Johnson or
Diane Montgomery**

**Ph: (604) 254-5457,
ext 238**

Email

**anna.johnson@westcoastfamily.org
d.montgomery@westcoastfamily.org**

**Most groups take place at
Vancouver Preservation
program NE**

**#101-2780 East Broadway
Vancouver**

Mission Statement

Westcoast Family Resources Society contributes to the healthy development of children by providing services to strengthen the relationships between children and families and between families and their communities.

Vancouver

**Westcoast
Groups
Fall
2010**



Parenting Groups
& Workshops
Connect with other parents
Child minding
Coffee and Snacks



**Westcoast Family
Resources Society**

*The Strength of
Family*

**Parenting your School Age
Child(age6-12 years)**

**Sept. 21,2010-
Oct. 26,2010
Tuesdays 5:30-8pm**

Please Join Us!

- Join us to learn how to effectively communicate with your children about important issues: encouraging responsibility, positive discipline and decision making.

Light dinner provided for families at 5:30 prior to group. Child minding available

Exploring Ideas Through Art

Sheila Lindfield: RCC and Registered Play Therapist Supervisor, offers group play therapy sessions for children whose parents are attending a Tues. eve. group. In these sessions, the child is invited to use methods from art and play therapy to focus on particular challenges they might be facing. Sheila will meet with parents first to explain and answer questions. She will work with children who want to attend and whose parents have given permission.

Location: Vancouver Preservation Program NE
#104-2780 East Broadway
Vancouver, BC

**Parenting Strategies for
0-5 year olds**

**Sept.9,2010- Ongoing
Thursdays 10am-2pm**

Join us for an informal learning group to explore parenting young children. We will discuss a variety of topics chosen by the group.

- 10am: Coffee, snack and play with your kids
- Parent group 10:45-12pm
- Nutritious lunch
- Discussion and/or video 1-2pm

**Anger and Stress Management
For Parents**

**Nov. 9-, 2010-Dec. 14, 2010
Tuesdays 5:30-8pm
Please Join Us!**

- Explore how anger affects the body mind and behavior
- Looking at the anger cycle and how to manage stress
- Understanding anger in our relationships with our children
- Learning to express and control anger in healthy ways

Light dinner provided for families at 5:30 prior to group.
Child minding available



Westcoast Family
Resources Society

**Is pleased to offer Parent
Child Interaction Therapy
which uses a parent coaching
model to support parents who
are struggling to manage
their child's challenging
behavior.**

PCIT uses a concrete, skill-based approach to teach parents and children new and positive ways to relate to each other. Parents learn how to encourage positive behavior as well as effective discipline strategies tailored to their child's behavior and temperament.

If you are a parent of a 2-8 year old and are interested in an information session or discussing suitability please contact Kate Diane or Anna.

**Kate Saunders: 604-417-3963
Diane Montgomery: 604-254-5457
Anna Johnson: 604-254-5457**