

Sometimes Parenting is Hard

Too many problems and not enough support can make it hard for any one of us to be as patient and giving with our children as we'd like to be...

Kikino Metis Child and Family Services Parent Support Circle at 1546- 6th Ave

At Parent Support Circles, parents talk about how they are feeling about their children and themselves. They find understanding, support, and encouragement to be the parents they want to be.

Kikino Parent Support Circle:

- Every 2nd Thursday from 1-2:15
- Free
- Transportation assistance offered
- Open to all parents
- Join any time
- Facilitated by Trained Volunteers
- Confidential
- Child-minding & snacks available

Prince George Parent Testimonials:

- *"The group is a safe environment in which frustrations and anger can be safely vented so it is not taken out on our children."*
- *"I have learned some ways to be a good parent and not neglect small problems that may turn out to be bigger problems."*
- *"Circle is the only place I can go to express my struggles and feel understood ... group is the most important support I have during my week."*

**For information and to join the circle
Contact at 250-563-1661 or 250-962-0600**

Email: reception@kikino.org or parentnorth@shaw.ca
www.parentsupportbc.ca or www.kikino.org

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