



Parent Support Services Society of BC
www.parentsupportbc.ca

Pacific Institution Parent Support Circle

Pacific Institution Parent Support Circle is a volunteer facilitated self-help group to provide parents with a safe environment to talk about their stress and concerns, receive support, information, and learn new parenting and life skills.

What are some of the benefits of attending?

- Learn effective, non-abusive ways to discipline your children
- Understand yourself and your children better
- Build and learn to express positive feelings
- Improve your relationship with other people
- Handle stress better, especially when relating to parenting stress
- Learn Canadian laws pertaining to raising children
- Get connected with services and resources in your community

*If parenting is sometimes
challenging – you are not alone!*

**New Support Circle starting Thursday,
May 29th from 6-8 PM in the group
meeting room (Rec Building)**

Presented by:



Parent Support
Services Society of BC

In collaboration with:



Correctional Service
Canada

Service correctionnel
Canada

We acknowledge the financial support of: the Province of British Columbia &

