#### **PARENTING GROUPS OFFERED IN PRINCE GEORGE**

1. Parenting

We offer a variety of topics on parenting, teen parenting, resources, and stresses from society, personal life, mental health, single parenting, relationships, and everyday stresses. We discuss discipline, proper eating habits, exercise, and how to show up as our best selves for our children. Each Parenting group lasts 5-8 weeks depending on the topics at hand.

For More Information please contact Annie 250-563-1281 or email [astewart@csfs.org](mailto:astewart@csfs.org)

[Parenting After Separation Referral Form.](https://www.csfs.org/uploads/Urban%20Family%20Preservation%20Referral%20Forms/CSFS%20PARENTING%20AFTER%20SEPERATION-revised.docx)

[Parenting and Teen Parenting Referral Form.](https://www.csfs.org/uploads/Urban%20Family%20Preservation%20Referral%20Forms/CSFS%20PARENTING%20AND%20TEEN%20PARENTING%20REFERRAL%20FORM.docx)

1. Strengthening Families

This program is specifically designed for families who have been involved with MCFD. Our services are centered around parents who deal with anxiety and depression. We offer family therapy, parental training, emotional wellness workshops, grief workshops; and assisting parents dealing with substance abuse.

For more information, please contact: Leah Sorrel 778-349-0398 or email [lsorrell@csfs.org](mailto:lsorrell@csfs.org)

1. Caring Dads

Caring Dads is a 17-week program designed to promote child-centred fathering, and address men's ability to engage in respectful, non-abusive parenting. The group sessions focus on combining elements of parenting, fathering, and child protection practice to enhance the safety and well-being of children.

To be eligible for the Caring Dads program, **men must have some regular supervised or unsupervised contact with at least one of their children (0-16 year-old)**. The program begins **September 19,2023 and registration is ongoing.**

For more information please contact Dave Bukkos; 672-983-3035 or dbukkos@csfs.org. [Click to download the intake form](https://www.csfs.org/uploads/Caring%20Dads%20Referral%20Form.pdf) . Completed forms can be emailed to Dave Bukkos.