



# Unlock Your Parenting Potential

**This is a free service, open to Parents and Caregivers of teens aged 12-18.**

These in person workshops are designed to support parents and caregivers to strengthen parenting skills and enhance connections with their teens. Sign up for single or multiple workshops.

## **Workshop 1: SELF-COMPASSION**

**Thursday, April 17, 2025 at 6:00 PM**

Develop a better understanding of self and parenting style as you navigate the teen years.

## **Workshop 2: BOUNDARIES & COMMUNICATION**

**Thursday, April 24, 2025 at 6:00 PM**

Discover ways to set healthy boundaries, communicate effectively and strengthen your relationship with your teen.

## **Workshop 3: DIGITAL WELLNESS**

**Thursday, May 1, 2025 at 6:00 PM**

Explore strategies for mindful management of your teen's digital media use.

## **Workshop 4: SELF-CARE FOR PARENTS/CAREGIVERS**

**Thursday, May 8, 2025 at 6:00 PM**

Explore how to maintain balance and prioritize well-being for yourself and your family.

**To Register: Contact Mia Maarika**

**Email: [mmaarika@narsf.org](mailto:mmaarika@narsf.org) | Phone: 250-754-2773 ext. 123**

**Workshop location: The LIFT office - 170 Wallace St. Nanaimo BC, V9R 5B1**

The LIFT office is located in back of the building  
(walk down the driveway to the left of the main door)